

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

11 Jul 2026

### The effect of home-based cardiac rehabilitation program on self efficacy of patients referred to cardiac rehabilitation centre.

#### Protocol summary

##### Summary

This randomized controlled trial study aims to determine whether continuing cardiac rehabilitation programs at home has positive effects on self efficacy of the participants' in comparison with control group or not. Study population includes all patients refer to ambulatory rehabilitation center 1.5 months after being discharged from hospital. Patients are in the groups of post CABG, MI or PTCA. Base line assessments including Echocardiography and ETT will be done by cardiologist. Inclusion criteria are age between 30-75 years, lack of mobility limiting disease, mental disorders, untreated heart failure, uncontrolled arrhythmias and stable angina. Patients not willing to participate in study or having developed any cardiovascular or musculoskeletal problems during rehabilitation program will be excluded from the study. Sample size is estimated 80 people, 40 in each group. Both groups will receive routine cardiac rehabilitation program in rehabilitation centre. In addition, the intervention group receives education and practical training in various rehabilitation measures along with home visits of a community health nurse in follow-up period. General Self Efficacy Scale (GSES) is used to assess self efficacy between the two groups at baseline and on follow-up period. Collected data from General Self Efficacy Scale will be analyzed using Minitab software and repeated measurement analysis model.

#### General information

##### Acronym

##### IRCT registration information

IRCT registration number: **IRCT201106086747N1**  
Registration date: **2011-06-12, 1390/03/22**  
Registration timing: **retrospective**

Last update:

Update count: **0**

##### Registration date

2011-06-12, 1390/03/22

##### Registrant information

###### Name

Sarieh Poortaghi

###### Name of organization / entity

Tabriz University of Medical Sciences

###### Country

Iran (Islamic Republic of)

###### Phone

+98 41 1657 9130

###### Email address

spoortaghi@gmail.com

##### Recruitment status

###### Recruitment complete

##### Funding source

Tabriz University of Medical Sciences

##### Expected recruitment start date

2009-02-01, 1387/11/13

##### Expected recruitment end date

2010-01-01, 1388/10/11

##### Actual recruitment start date

empty

##### Actual recruitment end date

empty

##### Trial completion date

empty

##### Scientific title

The effect of home-based cardiac rehabilitation program on self efficacy of patients referred to cardiac rehabilitation centre.

##### Public title

Cardiac rehabilitation and self efficacy

##### Purpose

Health service research

##### Inclusion/Exclusion criteria

Inclusion criteria: Aage between 30-75 years; lack of

mobility limiting disease; mental disorders ; untreated heart failure; uncontrolled arrhythmias and stable angina. Exclusion criteria: Not willing to participate in ; having developed any cardiovascular or musculoskeletal problems during rehabilitation program

**Age**

From **35 years** old to **75 years** old

**Gender**

Both

**Phase**

N/A

**Groups that have been masked**

*No information*

**Sample size**

Target sample size: **80**

**Randomization (investigator's opinion)**

Randomized

**Randomization description****Blinding (investigator's opinion)**

Not blinded

**Blinding description****Placebo**

Not used

**Assignment**

Parallel

**Other design features****Secondary Ids**

empty

**Ethics committees****1****Ethics committee****Name of ethics committee**

Regional Ethic Committee Office

**Street address**

Alzahra Research center, Alzahra hospital, South Artesh St, Baghshomal crossing, Tabriz, Iran

**City**

Tabriz

**Postal code**

5138665793

**Approval date**

2009-02-01, 1387/11/13

**Ethics committee reference number**

51664

**Health conditions studied****1****Description of health condition studied**

Cardiac rehabilitation

**ICD-10 code****ICD-10 code description****Primary outcomes****1****Description**

General self-efficacy

**Timepoint**

Monthly

**Method of measurement**

General self efficacy questionnaire

**Secondary outcomes**

empty

**Intervention groups****1****Description**

Intervention group will receive routine cardiac rehabilitation program in rehabilitation centre. In addition, education and practical training in various rehabilitation measures along with two home visits ( at the end of first and second month after finishing the program)of a community health nurse in follow-up period. General Self Efficacy Scale (GSES) is used to assess self efficacy at baseline and on follow-up period.

**Category**

Lifestyle

**2****Description**

Control group will receive routine cardiac rehabilitation program in rehabilitation centre. and General Self Efficacy Scale (GSES) will be completed by them at beginning and end of the rehabilitation program. in addition at the end of first and second month after finishing the program GSES will be given to complete.

**Category**

Lifestyle

**Recruitment centers****1****Recruitment center****Name of recruitment center**

Shahid madani cardiac rehbsilitation centre

**Full name of responsible person****Street address****City**

Tabriz

**Sponsors / Funding sources****1****Sponsor****Name of organization / entity**

Tabriz University of Medical Sciences

**Full name of responsible person**

Vice challenger for research

**Street address**

Vice challenger for research, Tabriz University of Medical Sciences

**City**

Tabriz

**Grant name****Grant code / Reference number****Is the source of funding the same sponsor organization/entity?**

Yes

**Title of funding source**

Tabriz University of Medical Sciences

**Proportion provided by this source**

100

**Public or private sector**

*empty*

**Domestic or foreign origin**

*empty*

**Category of foreign source of funding**

*empty*

**Country of origin****Type of organization providing the funding**

*empty*

**Person responsible for general inquiries****Contact****Name of organization / entity**

Tabriz University of Medical Sciences

**Full name of responsible person**

Sarieh Poortaghi

**Position**

MSc in public health nursing

**Other areas of specialty/work****Street address**

Alzahra Research center, Alzahra hospital, South Artesh St, Baghshomal crossing, Tabriz, Iran

**City**

Tabriz

**Postal code**

5138665793

**Phone**

+98 41 1657 9130

**Fax****Email**

spoortaghi@gmail.com

**Web page address****Person responsible for scientific inquiries****Contact****Name of organization / entity**

Tabriz University of Medical Sciences

**Full name of responsible person**

Sarieh Poortaghi

**Position**

MSc in public health nursing

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Alzahra Research center, Alzahra hospital, South Artesh St, Baghshomal crossing, Tabriz, Iran

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Tabriz

**Postal code**

5138665793

**Phone**

+98 41 1657 9130

**Fax****Email**

spoortaghi@gmail.com

**Web page address****Person responsible for updating data****Contact****Name of organization / entity**

Tabriz University of Medical Sciences

**Full name of responsible person**

Sarieh Poortaghi

**Position**

MSc in public health nursing

**Other areas of specialty/work****Street address****City****Postal code****Phone****Fax****Email****Web page address****Sharing plan****Deidentified Individual Participant Data Set (IPD)**

*empty*

**Study Protocol**

*empty*

**Statistical Analysis Plan**

*empty*

**Informed Consent Form**

*empty*

**Clinical Study Report**

*empty*

**Analytic Code**

*empty*

**Data Dictionary**

*empty*