

Clinical Trial Protocol

Iranian Registry of Clinical Trials

10 Jun 2026

The effect of educational intervention, based on Pender's health promotion model on lifestyle and clinical outcomes of patients with myocardial infarction

Protocol summary

Summary

The aim of this study is to determine the effect of educational intervention, based on Pender's health promotion model on lifestyle and clinical outcomes of patients with myocardial infarction. In this clinical trial study, 100 patients with myocardial infarction admitted to Shahid Madani Hospital in Lorestan, Iran will be selected and randomly assigned into two equal-sized groups of control or intervention. Using purposive sampling, the eligible patients will included in the study if they aged 30-60 years old, have no history of previous myocardial infarction and have at least an elementary school education. The intervention group will be educated based on Pender's model and control group will be routinely educated. The cardiac knowledge, perceived benefits, barriers and self-efficacy to behavior questionnaires and health promotion lifestyle profile will be completed by the patients before and three months after the intervention and data will be compared in both groups. Also lipid profile, blood pressure, blood sugar and ejection fraction (EF) will be measured and compared in both groups.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT201607236909N1**

Registration date: **2016-09-21, 1395/06/31**

Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2016-09-21, 1395/06/31

Registrant information

Name

Fatemeh Mohammadipour

Name of organization / entity

Lorestan University of Medical Sciences

Country

Iran (Islamic Republic of)

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Recruitment status

Recruitment complete

Funding source

Gonabad University of Medical Sciences

Expected recruitment start date

2014-07-19, 1393/04/28

Expected recruitment end date

2016-01-08, 1394/10/18

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effect of educational intervention, based on Pender's health promotion model on lifestyle and clinical outcomes of patients with myocardial infarction

Public title

The effect of educational intervention on lifestyle and clinical outcomes of patients with myocardial infarction

Purpose

Supportive

Inclusion/Exclusion criteria

Inclusion criteria: patients who have no history of previous myocardial infarction, with the age between 30

and 60 years, at least an elementary school education and the ejection fraction above 40 percent (according to doctor's approval); Exclusion criteria: participation in rehabilitation programs in the control group and failure to participate in training sessions in the intervention group

Age

From **30 years** old to **60 years** old

Gender

Both

Phase

3

Groups that have been masked

No information

Sample size

Target sample size: **100**

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**

Ethics committee of Gonabad University of Medical Sciences

Street address

Vice chancellor for research and technology, Gonabad University of Medical Sciences, next to the Asian Road, Gonabad, Razavi Khorasan

City

Gonabad

Postal code**Approval date**

2013-07-11, 1392/04/20

Ethics committee reference number

GMU.REC.1392.57

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

Myocardial Infarction

ICD-10 code

I21

ICD-10 code description

Acute myocardial infarction

Primary outcomes**1****Description**

Lifestyle

Timepoint

Before and three months after intervention

Method of measurement

Health Promotion Lifestyle Profile (HPLP)

2**Description**

Lipid profile

Timepoint

Before and three months after intervention

Method of measurement

Blood sample by auto analyzer BT3000

3**Description**

blood pressure

Timepoint

Before and three months after intervention

Method of measurement

Measuring arterial blood pressure by mercury sphygmomanometer

4**Description**

Ejection fraction

Timepoint

Before and three months after intervention

Method of measurement

Echocardiography

5**Description**

Fasting blood level of glucose

Timepoint

Before and three months after intervention

Method of measurement

Measuring blood glucose by glucometer before breakfast

Secondary outcomes**1****Description**

Cardiac knowledge

Timepoint

Before and three months after the end of intervention

Method of measurement

Cardiac knowledge questionnaire

2

Description

Perceive benefits to behavior

Timepoint

Before and three months after the end of intervention

Method of measurement

Perceive Benefits to Behavior (PBB) questionnaire

3

Description

Perceive barrier to behavior

Timepoint

Before and three months after the end of intervention

Method of measurement

Perceive Barrier to Behavior (PBB) questionnaire

4

Description

Perceived self-efficacy

Timepoint

Before and three months after the end of intervention

Method of measurement

Perceived Self-Efficacy questionnaire

Intervention groups

1

Description

Intervention group: eight training sessions lasting 45 minutes, twice a week, including: two sessions about the nature of cardiovascular disease, risk factors and treatment options, one session about medication, two sessions on healthy nutrition, one session on mental health, relaxation and rest, exercise and consultation, one session about the types of allowed exercise activities, frequency and time of useful exercise, how to control the pulse rate and allowed exercise intensity

Category

Lifestyle

2

Description

Control group: routine training (education about medications, nutrition and authorized activity)

Category

Lifestyle

Recruitment centers

1

Recruitment center

Name of recruitment center

Shahid Madani Hospital

Full name of responsible person

Fatemeh Mohammadipour

Street address

No. 31, Shahid Chaghorvand Alley, Dehkhoda Street,

Enghelab Avenue, Khorram Abad, Lorestan

City

Khorram Abad

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Gonabad University of Medical Sciences

Full name of responsible person

Ali Mohammadpour

Street address

Vice chancellor for research and technology, Gonabad University of Medical Sciences, next to the Asian Road, Gonabad, Razavi Khorasan

City

Gonabad

Grant name

Grant code / Reference number

Is the source of funding the same sponsor organization/entity?

Yes

Title of funding source

Gonabad 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

Lorestan University of Medical Sciences

Full name of responsible person

Fatemeh Mohammadipour

Position

Faculty Member/ Ph.D.

Other areas of specialty/work

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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