Clinical Trial Protocol
Iranian Registry of Clinical Trials

19 Sep 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

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Fatemeh Mohammadipour
Name of organization / entity
Lorestan University of Medical Sciences
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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
121

ICD-10 code description
Acute myocardial infarction

Primary outcomes

1

Description
Lifestyle

Timepoint
Befor and three months after intervention

Method of measurement
Health Promotion Lifestyle Profile (HPLP)

2

Description
Lipid profile

Timepoint
Befor and three months after intervention

Method of measurement
Blood sample by auto analyzer BT3000

3

Description
blood pressure

Timepoint
Befor and three months after intervention

Method of measurement
Measuring arterial blood pressure by mercury sphygmomanometer

4

Description
Ejection fraction

Timepoint
Befor and three months after intervention

Method of measurement
Echocardiography

5

Description
Fasting blood level of glucose

Timepoint
Befor and three months after intervention

Method of measurement
Measuring blood glucose by glucometer before breakfast

Secondary outcomes

1

Description
Cardiac knowledge

Timepoint
Befor and three months after the end of intervention

Method of measurement
Cardiac knowledge questionnaire

2

Description
Perceive benefits to behavior
Timepoint
Befor and three months after the end of intervention
Method of measurement
Perceive Benefits to Behavior (PBB) questionnaire

3

Description
Perceive barrier to behavior
Timepoint
Befor and three months after the end of intervention
Method of measurement
Perceive Barrier to Behavior (PBB) questionnaire

4

Description
Perceived self-efficacy
Timepoint
Befor 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 sessions 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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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