Clinical Trial Protocol
Iranian Registry of Clinical Trials

18 Sep 2026

The Effect of Cardiac Pain Management and Cardiopulmonary Resuscitation Trainings on Self-control, Depression and Anxiety in the Spouses of the Patients with Myocardial Infraction Admitted to the Hospitals Affiliated to Shiraz University of Medical Sciences

Protocol summary

Summary

Goal of the study: to investigate the effect of cardiac pain management and cardiopulmonary resuscitation trainings on self-control, depression, stress and anxiety in the spouses of the patients suffering from myocardial infraction who admitted to Coronary Care Units of the hospitals affiliated to Shiraz University of Medical Sciences. Design: This is an interventional study. Sampling methods: participants (N=84) were randomly assigned into case and control groups (two groups of 42 each). Setting and conduct: after obtaining informed consent, Depression, Anxiety and Stress Scale and Rotter's Internal-External Locus of Control Scale were completed by participants before the intervention. Inclusion criteria: included ability to understand the information presented (which is confirmed by researcher) and not participating in similar training programs simultaneously or since 6 months before the study. Exclusion criteria: included unwillingness to participate in the study and any debilitating psychiatric diseases such as psychosis. Intervention: the participants in the case group attended workshops including theoretical and cardiopulmonary resuscitation practical trainings. One month later, the researcher met the participants of the case group at their home, reviewed the trainings and answered all their questions regarding the trainings they received. The questionnaires were completed again by the participants of the case group immediately after and one month after the intervention; while the participants of the control group completed them only one month after the intervention. The study lasts for five months in both groups. Primary outcome measures included: self-control, depression, stress and anxiety in the spouses of the patients.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT201310128124N2**
Registration date: **2014-07-03, 1393/04/12**
Registration timing: **retrospective**

Last update:
Update count: **0**

Registration date

2014-07-03, 1393/04/12

Registrant information

Name
Zahra Molazem

Name of organization / entity
Shiraz University of Medical Sciences

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Iran (Islamic Republic of)

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+98 71 1647 4254

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molazem@sums.ac.ir

Recruitment status

Recruitment complete

Funding source

Shiraz University of Medical Sciences, Vice Chancellor for Research Affairs

Expected recruitment start date

2013-08-23, 1392/06/01

Expected recruitment end date

2013-12-22, 1392/10/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The Effect of Cardiac Pain Management and Cardiopulmonary Resuscitation Trainings on Self-control, Depression and Anxiety in the Spouses of the Patients with Myocardial Infraction Admitted to the Hospitals Affiliated to Shiraz University of Medical Sciences

Public title

The Effect of Cardiac Pain Management and Cardiopulmonary Resuscitation Trainings on Self-control, Depression and Anxiety in the Spouses of the Patients with Myocardial Infraction Admitted to the Hospitals Affiliated to Shiraz University of Medical Sciences

Purpose

Prevention

Inclusion/Exclusion criteria

Inclusion criteria included ability to understand the information presented (which is confirmed by researcher) and not participating in similar training programs simultaneously or since 6 months before the study. Exclusion criteria included unwillingness to participate in the study and any debilitating psychiatric diseases such as psychosis

Age

From **40 years** old to **65 years** old

Gender

Both

Phase

2-3

Groups that have been masked

No information

Sample size

Target sample size: **84**

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 Shiraz University of Medical Sciences

Street address

Central building of Shiraz University of Medical Sciences Shiraz, Zand Blvd.

City

Shiraz

Postal code

Approval date

2013-08-19, 1392/05/28

Ethics committee reference number

CT-92-6680

Health conditions studied

1

Description of health condition studied

Decreased self-control

ICD-10 code

F60.3

ICD-10 code description

Emotionally unstable personality disorder

2

Description of health condition studied

Stress

ICD-10 code

F43.0

ICD-10 code description

Acute stress reaction

3

Description of health condition studied

Anxiety and Depression

ICD-10 code

F41.2

ICD-10 code description

Mixed anxiety and depressive disorder

Primary outcomes

1

Description

Stress

Timepoint

Before, immediately after and one month after the intervention

Method of measurement

Depression, Anxiety and Stress Scale

2

Description

Anxiety

Timepoint

Before, immediately after and one month after the intervention

Method of measurement

Depression, Anxiety and Stress Scale

3

Description
Depression
Timepoint
Before, immediately after and one month after the intervention
Method of measurement
Depression, Anxiety and Stress Scale

4

Description
Self-control
Timepoint
Before, immediately after and one month after the intervention
Method of measurement
Rotter's Internal-External Locus of Control Scale

Secondary outcomes

empty

Intervention groups

1

Description
The intervention included holding workshops comprising theoretical and individual cardiopulmonary resuscitation practical trainings for the participants of the case group, telephone follow-ups and visiting the patients at their home.
Category
Prevention

2

Description
Without any intervention on the control group
Category
Other

Recruitment centers

1

Recruitment center
Name of recruitment center
Alzahra Heart Hospital
Full name of responsible person
Azam Zare
Street address
Sibooyeh Blvd., Shiraz
City
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2

Recruitment center
Name of recruitment center
Shahid Faghihi Hospital
Full name of responsible person
Ms.Hosseini
Street address
Zand st., Shiraz
City
Shiraz

3

Recruitment center
Name of recruitment center
Nemazee Hospital
Full name of responsible person
Ms. Gholami
Street address
Nemazee Square, Shiraz
City
Shiraz

Sponsors / Funding sources

1

Sponsor
Name of organization / entity
Shiraz University of Medical Sciences, Vice Chancellor for Research Affairs
Full name of responsible person
Dr. Basir Hashemi
Street address
Central building of Shiraz University of Medical Sciences, Zand st.
City
Shiraz
Grant name
Grant code / Reference number
Is the source of funding the same sponsor organization/entity?
Yes
Title of funding source
Shiraz University of Medical Sciences, Vice Chancellor for Research Affairs
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
Shiraz University of Medical Sciences
Full name of responsible person
Zahra Molazem
Position

Ph.D
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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