

Clinical Trial Protocol

Iranian Registry of Clinical Trials

25 Jul 2026

Effects of physical activity on quality of life of patients after coronary artery bypass graft

Protocol summary

Summary

The purpose of this study was to determine the effects of physical activity on quality of life of patients after coronary artery surgery. In a randomized clinical trial the quality of life of 70 patients under CABG was compared together(35 intervention,35 control). Patients at the discharge randomly divided to two groups. Inclusive criteria included a native: first time CABG: hemodynamic signals in the normal range: no impairment of sensory, motor, and auditory. Exclusion criteria for this study was redo CABG: re hospitalization during the study: chest pain: changes electrocardiography: the patient's intolerance: severe hemodynamic changes that jeopardize the patient's life: and death of the patient. The intervention on the case patients was physical activity that performed in 24-32 session three time in week and compiled of 20 minutes warming,20-40minutes aerobic exercise, 5 minutes cooling and 20 minutes relaxation. Control group have not any intervention.The mean scores of quality of life in two groups was compared two time(1 month and four month after intervention) with SF36 scoring.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT201111258194N1**

Registration date: **2012-02-01, 1390/11/12**

Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2012-02-01, 1390/11/12

Registrant information

Name

Asghar Sherafat

Name of organization / entity

Yazd University of Medical Sciences

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+98 35 1721 1297

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as_sherafat@ssu.ac.ir

Recruitment status

Recruitment complete

Funding source

Vice Chancellor for Research, Yazd University of Medical Sciences.

Expected recruitment start date

2010-07-23, 1389/05/01

Expected recruitment end date

2011-08-11, 1390/05/20

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Effects of physical activity on quality of life of patients after coronary artery bypass graft

Public title

Effects of physical activity on quality of life of patients after coronary artery bypass graft

Purpose

Supportive

Inclusion/Exclusion criteria

Inclusive criteria included a native: first time CABG: hemodynamic signals in the normal range:no impairment of sensory, motor, and auditory. Exclusion criteria for this study was redo CABG: re hospitalization during the study: chest pain: changes electrocardiography: the

patient's intolerance: severe hemodynamic changes that jeopardize the patient's life: and death of the patient.

Age

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

Gender

Both

Phase

2-3

Groups that have been masked

No information

Sample size

Target sample size: **70**

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 in Researches of Medical Sciences of Vice
Chancellor for Research of Yazd University of Medic

Street address

Vice Chancellor for Research, University of Medical
Sciences, Shahid Bahonar Square, Yazd

City

Yazd

Postal code

8916978477

Approval date

2011-03-12, 1389/12/21

Ethics committee reference number

135697

Health conditions studied

1

Description of health condition studied

CABG

ICD-10 code

T 82.2,T 8

ICD-10 code description

Complications (from) (of) - coronary artery (bypass) graft
- mechanical T82.2, Complications (from) (of) - coronary
artery (bypass) graft - mechanical T82.2

Primary outcomes

1

Description

quality of life

Timepoint

Pre intervention and 3 months after intervention

Method of measurement

SF36 quality of life Questionnaire

Secondary outcomes

1

Description

Heart rate and rythm

Timepoint

Pre intervention and 3 months after intervention

Method of measurement

space lab monitoring

Intervention groups

1

Description

The Program include 24 to 32 sessions of physical
activity three times a week for an hour to an hour and a
half. Each session includes 20 minutes warm-up
exercises, 20 to 40 minutes of aerobic exercise (such as
bicycle and treadmill) based on the patient's condition
and severity of maximum heart rate(60 to 80 percent of
maximum heart rate)'5 minute cooling and 20 minutes
relaxation.The patients ECG, heart rate and blood
pressure monitors during physical activity.At the end of
last session the quality of life scoring repeated.

Category

Rehabilitation

2

Description

No intervention in control group.

Category

N/A

Recruitment centers

1

Recruitment center

Name of recruitment center

Heart Clinic of Afshar Hospital

Full name of responsible person

Sherafat Asghar

Street address

Heart Clinic of Afshar Hospital, Jomhoory street, Yazd,
Iran

City

Yazd

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Vice Chancellor for Research, Yazd University of Medical Sciences.

Full name of responsible person

Motevasselian Monireh

Street address

Vice Chancellor for Research, University of Medical Sciences, Shahid Bahonar Square, Yazd

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Yazd

Grant name

Grant code / Reference number

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

Yes

Title of funding source

Vice Chancellor for Research, Yazd 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

Yazd University of Medical Sciences

Full name of responsible person

Sherafat Asghar

Position

BS

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