

Clinical Trial Protocol

Iranian Registry of Clinical Trials

29 Jul 2026

The effectiveness of motivational interviewing in treating overweight and obesity of patients with coronary artery disease

Protocol summary

Summary

Objectives: The present study investigates the effectiveness of motivational interviewing in treating overweight and obesity among patients with coronary artery disease. Method: Using Quasi experimental, pretest- posttest design with control group, 110 patients who has previously Coronary Artery Bypass Grafting (CABG) are selected and assigned to two groups: experimental (n=60) and control (n=50) groups. These two groups will score on Body Mass Index (BMI) equal or above 25. The experimental group participates in motivational interviewing sessions in addition to regular cardiac rehabilitation programs. BMI, symptomatic depression, anxiety and stress were assessed in pretest and posttest (after three months). Data are analyzed using repeated measures analysis of variance regarding criteria of BMI for overweight and obesity. Results: Motivational Interviewing will be effective in controlling overweight and obesity.

Country

Iran (Islamic Republic of)

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Recruitment status

Recruitment complete

Funding source

Tehran Heart Center

Expected recruitment start date

2010-04-21, 1389/02/01

Expected recruitment end date

2011-02-19, 1389/11/30

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT201112108358N1**

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

Yadollah Ghasemipour

Name of organization / entity

Malayer University

Scientific title

The effectiveness of motivational interviewing in treating overweight and obesity of patients with coronary artery disease

Public title

The effectiveness of motivational interviewing in Coronary Artery Disease

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria: Having BMI equal and over 25; Being under coronary artery bypass grafting; Having ability to participate motivational interviewing sessions; Having at least primary school degree Exclusion criteria: Disorders of axis I and II in DSM-IV; Disease related to obesity such as thyroid malfunctions

Age

From **40 years** old to **70 years** old

Gender

Both

Phase

N/A

Groups that have been masked*No information***Sample size**Target sample size: **110****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**

Tehran University

Street addressFaculty of psychology and educational science,
Opposite of Nasr Avenue Ave, Jalal Aal Ahmad
highway, Tehran, Iran**City**

Tehran

Postal code**Approval date**

2010-01-21, 1388/11/01

Ethics committee reference number

217

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

Coronary Heart Disease

ICD-10 code

I25.1

ICD-10 code description

Coronary artery disease

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

Over weight

Timepoint

pretest- Three months later post-test

Method of measurement

Using standard rule and scale

2**Description**

Obesity

Timepoint

pretest- Three months later post-test

Method of measurement

Using standard rule and scale

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

Depression

Timepoint

Depression

Method of measurement

Depression

2**Description**

Anxiety

Timepoint

Anxiety

Method of measurement

Anxiety

3**Description**

Stress

Timepoint

Stress

Method of measurement

Stress

Intervention groups**1****Description**In intervention group 4 sessions of Motivational
Interviewing administered in 8-15 participants groups.
Each session lasted 2 hours and the sessions
administered in 2 days interval.**Category**

Lifestyle

2**Description**Control group was in regular process of the hospital and
just performed pre-test and post- test simultaneously with
Intervention group.**Category**

Lifestyle

Recruitment centers

1

Recruitment center

Name of recruitment center

Tehran Heart Center

Full name of responsible person

Saeed Sadeghian MD

Street address

Next to the Shariati Hospital, North Kargar Cross, Jalal Aal Ahmad Highway, Tehran, Iran

City

Tehran

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Tehran Heart Center

Full name of responsible person

Yadollah Ghasemipour

Street address

Malayer Uivesity, 4th kiloeter of Arak Road, Malayer, Hamedan, Iran.

City

Malayer

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

Yes

Title of funding source

Tehran Heart Center

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**

Malayer University

Full name of responsible person

Yadollah Ghasemipour

Position

Lecturer

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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