

Clinical Trial Protocol

Iranian Registry of Clinical Trials

26 Jun 2026

The effect of educational intervention based on health promotion model, on improvement of self-care, health promoting behaviors and quality of life in patients after coronary artery bypass surgery

Protocol summary

Summary

This study is an interventional experimental one which aimed to determine the impact of an educational intervention based on Health Promotion Model, to improve self-care, health promotion behaviors and quality of life of patients after coronary artery bypass surgery. In this study, 220 patients were divided randomly into two groups, A and B. The intervention group will be trained according to the results of self-care and health promoting behavior questionnaire. The program will be 6 weeks and every week a meeting. The intervention group (n=110) will be split into three groups. Training sessions will be held on 60 to 90 minutes a session per week. For training in the intervention group manual, pamphlet, practical exercises and group discussions will be used. For each session, an item will be selected and trained. Patients will be followed for 3, 6 and 12 months after the intervention. Study outcomes are self-care behaviors, quality of life and rehospitalization rates for patients following heart surgery.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT201501248742N6**

Registration date: **2015-05-17, 1394/02/27**

Registration timing: **prospective**

Last update:

Update count: **0**

Registration date

2015-05-17, 1394/02/27

Registrant information

Name

Fereshteh Majlessi

Name of organization / entity

Tehran University of Medical Sciences

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Recruitment status

Recruitment complete

Funding source

International Campus of Tehran University of Medical Sciences

Expected recruitment start date

2015-05-22, 1394/03/01

Expected recruitment end date

2015-07-23, 1394/05/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effect of educational intervention based on health promotion model, on improvement of self-care, health promoting behaviors and quality of life in patients after coronary artery bypass surgery

Public title

Self-care of patients after cardiac surgery

Purpose

Supportive

Inclusion/Exclusion criteria

Inclusion Criteria: willingness to participate in the study; passing one month after the last surgery; Heart surgery

for the first time. Exclusion Criteria: Patients with mental and physical disabilities; Emergency situation; The use of psychotropic medications

Age

From **40 years** old to **80 years** old

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **220**

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 of Medical Sciences

Street address

Keshavarz Blvd., Qods Ave., Tehran University of Medical Sciences

City

Tehran

Postal code

Approval date

2015-02-10, 1393/11/21

Ethics committee reference number

9123489001-138444

Health conditions studied

1

Description of health condition studied

Cardiac surgery patients

ICD-10 code

Z50.0

ICD-10 code description

Cardiac rehabilitation

Primary outcomes

1

Description

Self-care

Timepoint

Before Intervention, Three months after the intervention, six month after the intervention, Twelve month after the intervention

Method of measurement

Questionnaire

2

Description

Health promoting behaviors

Timepoint

Before Intervention, Three months after the intervention, six month after the intervention, Twelve month after the intervention

Method of measurement

Questionnaire

3

Description

Quality of life

Timepoint

Before The Intervention3, 6, 12 Months After Intervention

Method of measurement

Questionnaire

Secondary outcomes

1

Description

Reduce Readmissions

Timepoint

Before Intervention, Three months after the intervention, six month after the intervention, Twelve month after the intervention

Method of measurement

Questionnaire

Intervention groups

1

Description

The intervention group will be trained according to the results of self-care and health promoting behavior questionnaire. Educational intervention will take place for 6 weeks and a training session will be 60 to 90 minutes per week. For training in the intervention group manual, pamphlet, practical exercises and group discussions will be used. We will develop a special topic for each session.

Category

Lifestyle

2

Description

control group will not receive any intervention

Category

Lifestyle

Recruitment centers

1

Recruitment center

Name of recruitment center

Mazandran Heart Center Hospital

Full name of responsible person

Rahman Ghafari

Street address

Mazandran Heart Center Hospital, Artesh Boulevard,
Sari, Mazandran

City

Sari

2

Recruitment center

Name of recruitment center

Tuba Clinic

Full name of responsible person

Zahra Mosavian

Street address

Tuba Clinic, Khazar Boulevard, Sari, Mazandran

City

Sari

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

International Campus of Tehran University of Medical
Sciences

Full name of responsible person

Mohammadreza Hadian

Street address

Valiasr Ave., Mozaffar North Street, No 124, Third
Floor

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Tehran

Grant name

Grant code / Reference number

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

Yes

Title of funding source

International Campus of Tehran 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

School of Public Health Tehran University of Medical
Sciences

Full name of responsible person

Dr. Fereshteh Majlessi

Position

Academic member

Other areas of specialty/work

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MD

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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