

# 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

##### Country

Iran (Islamic Republic of)

##### Phone

+98 21 8898 9134

##### Email address

majlesif@tums.ac.ir

##### 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

**City**

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**

**Street address**

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**Web page address**

**Person responsible for scientific  
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**Full name of responsible person**

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**Position**

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**Other areas of specialty/work**

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**Full name of responsible person**

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**Position**

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*