Clinical Trial Protocol
Iranian Registry of Clinical Trials

10 Nov 2026

Effect of education versus no education on lifestyle and perception of disease in patients with myocardial infarction: a controlled clinical trial

Protocol summary

Summary

Objectives: To assess the effect of education versus no education on lifestyle and perception of disease in patients with myocardial infarction. Design: a controlled clinical trial. Setting and conduct: The eligible patients with myocardial infarction who will hospitalized in CCU ward of Imam Khomeini Hospital in Borujerd City during the study period will be enrolled into the trial. Inclusion criteria: (a) affected with myocardial infarction; (b) age of 30 years or greater. Exclusion criteria: (a) having psychological or cognitive disorders; (b) progress to acute and severe disease. Intervention group: Routine care plus face to face educational program for 60 min once before discharge and following patients after discharge through phone call daily for 3 days and then weekly for 2 months. Control group: Only routine care. Primary outcome: (a) Assessing lifestyle before intervention and 2 months after intervention using Life Style Questionnaire (LSQ); (b) Assessing perception of disease before intervention and 2 months after intervention using Brief IPQ questionnaire. Secondary outcome: Nothing

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT201508169014N74**
Registration date: **2015-08-23, 1394/06/01**
Registration timing: **retrospective**

Last update:
Update count: **0**

Registration date

2015-08-23, 1394/06/01

Registrant information

Name

Jalal Poorolajal

Name of organization / entity

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Recruitment status

Recruitment complete

Funding source

Vice-chancellor for Research the Technology, Tehran University of Medical Sciences

Expected recruitment start date

2014-12-22, 1393/10/01

Expected recruitment end date

2015-02-18, 1393/11/29

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Effect of education versus no education on lifestyle and perception of disease in patients with myocardial infarction: a controlled clinical trial

Public title

Effect of education versus no education on lifestyle and perception of disease in patients with myocardial infarction

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria: (a) affected with myocardial infarction; (b) age of 30 years or greater. Exclusion criteria: (a)

having psychological or cognitive disorders; (b) progress to acute and severe disease.

Age
From **30 years** old to **139 years** old

Gender
Both

Phase
2

Groups that have been masked
No information

Sample size
Target sample size: **72**

Randomization (investigator's opinion)
Not randomized

Randomization description

Blinding (investigator's opinion)
Not blinded

Blinding description

Placebo
Not used

Assignment
Parallel

Other design features
Randomization: Non-random assignment of the patients to the intervention and control groups. Blinding: Not possible

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee
Ethic Committee of Tehran University of Medical Sciences

Street address
Vice-chancellor for Research the Technology, Tehran University of Medical Sciences, Enghelab Ave

City
Tehran

Postal code

Approval date
2015-01-17, 1393/10/27

Ethics committee reference number
911116042-131122

Health conditions studied

1

Description of health condition studied
Myocardial infarction

ICD-10 code
I21

ICD-10 code description
Acute myocardial infarction

Primary outcomes

1

Description
Assessing lifestyle

Timepoint
before intervention and 2 months after intervention

Method of measurement
using Life Style Questionnaire (LSQ)

2

Description
Added at 2015-10-10: Perception of disease

Timepoint
Added at 2015-10-10: Before intervention and 2 months after intervention

Method of measurement
Added at 2015-10-10: Brief IPQ questionnaire

Secondary outcomes

1

Description
Nothing

Timepoint
Nothing

Method of measurement
Nothing

Intervention groups

1

Description
Routine care plus face to face educational program for 60 min once before discharge and following patients after discharge through phone call daily for 3 days and then weekly for 2 months

Category
Lifestyle

2

Description
Only routine care

Category
N/A

Recruitment centers

1

Recruitment center

Name of recruitment center
Imam Khomeini Hospital

Full name of responsible person
Narges Faraji

Street address
Imam Khomeini Hospital, Seyyed Mostafa Khomeini

Ave.

City

Borujerd

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Vice-chancellor for Research the Technology, Tehran University of Medical Sciences

Full name of responsible person

Dr Akbar Fotouhi

Street address

Tehran University of Medical Sciences, Enghelab Ave

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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

Vice-chancellor for Research the Technology, 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

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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*