

Clinical Trial Protocol

Iranian Registry of Clinical Trials

16 Sep 2026

Effect of teach back education versus no education on self-care behaviors and quality of life in patients with myocardial infarction: a randomized clinical trial

Protocol summary

Summary

Objectives: To assess the effect of teach back education versus no education on self-care behaviors and quality of life in patients with myocardial infarction. Design: a randomized clinical trial. Setting and conduct: The eligible patients with myocardial infarction who will refer to Farshchian Hospital during the study period will be enrolled into the trial. Inclusion criteria: (a) myocardial infarction for the first time; (b) Persian language; (c) literate without education of medical sciences. Exclusion criteria: (a) not completing at least two educational sessions for any reason by patient; (b) having history of mental disorders. Intervention group: Routine educations plus face to face education using Teach Back method for three sessions of an hour each. Control group: Only routine educations. Primary outcome: Assessing the self-care behaviors using questionnaire before and one month after intervention. Secondary outcome: Assessing the quality of life using questionnaire before and one month after intervention. Randomization: Random assignment of the patients to the intervention and control groups through drawing of lots. Blinding: Not possible.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT201601309014N91**
Registration date: **2016-02-06, 1394/11/17**
Registration timing: **registered_while_recruiting**

Last update:

Update count: **0**

Registration date

2016-02-06, 1394/11/17

Registrant information

Name

Jalal Poorolajal

Name of organization / entity

Department of Epidemiology & Biostatistics Hamadan
University of Medical Sciences

Country

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Recruitment status

Recruitment complete

Funding source

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

Expected recruitment start date

2016-01-20, 1394/10/30

Expected recruitment end date

2016-09-20, 1395/06/30

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Effect of teach back education versus no education on self-care behaviors and quality of life in patients with myocardial infarction: a randomized clinical trial

Public title

Effect of teach back education versus no education on self-care behaviors and quality of life in patients with myocardial infarction

Purpose

Supportive

Inclusion/Exclusion criteria
 Inclusion criteria: (a) myocardial infarction for the first time; (b) Persian language; (c) literate without education of medical sciences. Exclusion criteria: (a) not completing at least two educational sessions for any reason by patient; (b) having history of mental disorders.

Age
 No age limit

Gender
 Both

Phase
 2

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
 Randomization: Random assignment of the patients to the intervention and control groups through drawing of lots. Blinding: Not possible.

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Ethics Committee of Hamadan University of Medical Sciences

Street address

Vice-chancellor for Research the Technology,
 Hamadan University of Medical Sciences, Shahid Fahmideh Ave

City

Hamadan

Postal code

6517838695

Approval date

2016-01-27, 1394/11/07

Ethics committee reference number

IR.UMSHA.REC.1394.431

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 the self-care behaviors

Timepoint

before and one month after intervention

Method of measurement

using questionnaire

Secondary outcomes

1

Description

Assessing the quality of life

Timepoint

before and one month after intervention

Method of measurement

using questionnaire

Intervention groups

1

Description

Routine educations plus face to face education using Teach Back method for three sessions of an hour each

Category

Other

2

Description

Only routine educations

Category

Other

Recruitment centers

1

Recruitment center

Name of recruitment center

Farshchian Hospital

Full name of responsible person

Behnaz Moghadari Kousha,

Street address

Farshchian Hospital, Shahid Fahmideh Ave.

City

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity

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

Full name of responsible person

Dr Saeid Bashirian

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Hamadan University of Medical Sciences, Shahid
Fahmideh Ave

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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, Hamadan
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 Nursing and Midwifery

Full name of responsible person

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Position

Nursing Student

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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