Clinical Trial Protocol
Iranian Registry of Clinical Trials

07 Nov 2026

Effect of cardiac rehabilitation and relaxation on the quality of life in patients with cardiac syndrome x in hospitals affiliated to Urmia University of Medical Sciences .

Protocol summary

Summary

This study is a randomized clinical trial which was performed in Sayyed-o-shohada and Talegani Hospitals,affiliated to Urmia University of Medical Sciences in 2011. The purpose of this study was to assess the impact of cardiac rehabilitation (CR) and progressive muscle relaxation (PMR) on the quality of life (QOL) in patients with cardiac syndrome X. For this purpose,40 eligible and consenting women (age 30-65) with cardiac syndrome X were randomly assigned to 4 groups. In the first group (n=11), progressive muscle relaxation, based on Jacobson's method, performed for 15min /day for 8 weeks; in the second group (n=11), phase III CR performed three times/week for 8 weeks, and in the third group (n=11), progressive muscle relaxation along with phase III CR performed for 8 weeks at home. The fourth group (n=7) was used as control group. Before study and after the 8-week periods, data were gathered through short form of QOL questionnaire (SF-36), hospital anxiety and depression scale, short form of international physical activity questionnaire and chest pain check list.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT201204099422N1**
Registration date: **2012-06-10, 1391/03/21**
Registration timing: **retrospective**

Last update:
Update count: **0**

Registration date

2012-06-10, 1391/03/21

Registrant information

Name

Aram Feizi

Name of organization / entity

Urmia University of Medical Sciences

Country

Iran (Islamic Republic of)

Phone

+98 44 1336 5836

Email address

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Recruitment status

Recruitment complete

Funding source

Urmia University of Medical Sciences

Expected recruitment start date

2011-08-23, 1390/06/01

Expected recruitment end date

2011-10-17, 1390/07/25

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Effect of cardiac rehabilitation and relaxation on the quality of life in patients with cardiac syndrome x in hospitals affiliated to Urmia University of Medical Sciences .

Public title

Effect of cardiac rehabilitation and relaxation on the quality of life in patients with cardiac syndrome X

Purpose

Supportive

Inclusion/Exclusion criteria

Inclusion criteria: 30-65 year old; Women; Urmia

resident; Willing to give written informed consent; Confirmed by a cardiologist to participate in exercise programs. Exclusion criteria: History of psychiatric illness; History of any other chronic illness; Presence of any physical condition for which exercise is contraindicated; Participation in moderate intensity exercise programsat least 2 times per week during the past 6 months; Participation in relaxation or meditation programs during the past 6 months

Age
From **30 years** old to **65 years** old

Gender
Female

Phase
N/A

Groups that have been masked
No information

Sample size
Target sample size: **40**

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
Urmia University of Medical Sciences

Street address
Urmia University of Medical Sciences, Resalat Boulevard

City
Urmia

Postal code

Approval date
2012-05-26, 1391/03/06

Ethics committee reference number
4/502/پ

Health conditions studied

1

Description of health condition studied
Cardiac syndrome x

ICD-10 code
I25.9

ICD-10 code description
Chronic ischaemic heart disease, unspecified

Primary outcomes

1

Description
Quality of life

Timepoint
Before intervention and 8 weeks after intervention

Method of measurement
Short form of QOL questionnaire (SF-36)

Secondary outcomes

1

Description
Anxiety and Depression

Timepoint
Before intervention and 8 weeks after intervention

Method of measurement
Hospital anxiety and depression scale

2

Description
Physical activity

Timepoint
Before intervention and 8 weeks after intervention

Method of measurement
Short form of international physical activity questionnaire

3

Description
Chest pain

Timepoint
After intervention

Method of measurement
Daily chest pain check list

Intervention groups

1

Description
CR group: 8-week participation in phase III cardiac rehabilitation exercise program at home,3 times per week with 60-65% of maximum heart rate + Current treatment

Category
Lifestyle

2

Description
CR & PMR group: 8-week participation in phase III cardiac rehabilitation exercise program at home,3 times per week with 60-65% of maximum heart rate + 8-week participation in progressive muscle relaxation program

based on Jacobson's method, 15 minutes daily at home + Current treatment

Category

Lifestyle

3

Description

PMR group: 8-week participation in progressive muscle relaxation program based on Jacobson's method, 15 minutes daily at home + Current treatment.

Category

Lifestyle

4

Description

Control group: Current treatment

Category

N/A

Recruitment centers

1

Recruitment center

Name of recruitment center

Taleghani Hospital

Full name of responsible person

Dr. Mohammad Reza Dehghani

Street address

Taleghani Hospital, Kashani Street, Urmia

City

Urmia

2

Recruitment center

Name of recruitment center

Seyyed-o-alshohada Hospital

Full name of responsible person

Dr. Mohammad Reza Dehghani

Street address

Seyyed-o-alshohada Hospital, 17 Shahrivar Street, Urmia

City

Urmia

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Urmia University of Medical Sciences

Full name of responsible person

Dr. Morteza Motazaker

Street address

Urmia University of Medical Sciences

City

Urmia

Grant name

ردیف پژوهشی معاونت تحقیقات و فناوری

Grant code / Reference number

10506000

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

Yes

Title of funding source

Urmia 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

Urmia University of Medical Sciences

Full name of responsible person

Dr. Aram Feizi

Position

PhD of Nursing

Other areas of specialty/work

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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