# Clinical Trial Protocol
# Iranian Registry of Clinical Trials

08 Nov 2026

## The effect of peer education on anxiety and self-efficacy of patients candidate for coronary artery bypass graft surgery

## Protocol summary

**Summary**
Objective: Cardiovascular disease is the most common cause of death worldwide. Despite medical treatment, surgical treatment is considered the best choice. The importance of reducing anxiety and improving self-efficacy in these patients led to a study of the impact of peer education on anxiety and self-patients should be candidates for coronary artery bypass graft surgery. Inclusion criteria: heart surgery for the first time, no anxiety, and physical disabilities aged 40 to 70 years. Exclusion criteria included age above mentioned, having a physical disability, is having anxiety and sedative drugs. 60 patients were recruited from patients scheduled for coronary artery bypass graft surgery. The studies intervention is peer education.

## General information

**Acronym**
**IRCT registration information**
IRCT registration number: **IRCT201205029623N1**
Registration date: **2013-01-06, 1391/10/17**
Registration timing: **retrospective**

Last update:
Update count: **0**
**Registration date**
2013-01-06, 1391/10/17

**Registrant information**
**Name**
Morteza Shamsizadeh
**Name of organization / entity**
Tehran University of Medical Sciences
**Country**
Iran (Islamic Republic of)
**Phone**
+98 81 3838 0535
**Email address**
shamsizadeh_m@razi.tums.ac.ir

**Recruitment status**
**Recruitment complete**
**Funding source**
Tehran University of Medical Sciences

**Expected recruitment start date**
2012-03-05, 1390/12/15
**Expected recruitment end date**
2012-06-18, 1391/03/29
**Actual recruitment start date**
empty
**Actual recruitment end date**
empty
**Trial completion date**
empty

**Scientific title**
The effect of peer education on anxiety and self-efficacy of patients candidate for coronary artery bypass graft surgery

**Public title**
The Effects of peer education on anxiety and self efficacy of coronary artery bypass graft surgery patients
**Purpose**
Other
**Inclusion/Exclusion criteria**
Patients with the first scheduled for CABG surgery have been problems; cognitive disabilities; physical and medical education; or related to it have; ranging from age 40 to 70 years have a medical diagnosis earlier anxiety and depression are not the anti-anxiety drugs do not use anti-depressants.
**Age**
From **40 years** old to **70 years** old
**Gender**
Both

**Phase**

N/A

**Groups that have been masked**

*No information*

**Sample size**

Target sample size: **60**

**Randomization (investigator's opinion)**

Randomized

**Randomization description**

**Blinding (investigator's opinion)**

Single 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**

Qods street, Keshavarz Bolvar, Tehran

**City**

Tehran

**Postal code**

**Approval date**

2012-02-25, 1390/12/06

**Ethics committee reference number**

130/2329/90/د

## Health conditions studied

### 1

**Description of health condition studied**

Ischemic Heart Disease

**ICD-10 code**

I25.1

**ICD-10 code description**

Atherosclerotic heart disease

## Primary outcomes

### 1

**Description**

anxiety

**Timepoint**

Admission day,Before surgery, five days and four weeks after surgery

**Method of measurement**

Spielberger state-trait anxiety inventory

### 2

**Description**

self efficacy

**Timepoint**

five days and four weeks after surgery

**Method of measurement**

Cardiac Self-efficacy questionnaire

## Secondary outcomes

empty

## Intervention groups

### 1

**Description**

Intervention group, receiveS peer education

**Category**

Other

### 2

**Description**

Control groups, recieves routine education

**Category**

Other

## Recruitment centers

### 1

**Recruitment center**

**Name of recruitment center**

Shariati Hospital

**Full name of responsible person**

Ms Khorami

**Street address**

Karegarshomali Street, Tehran

**City**

Tehran

### 2

**Recruitment center**

**Name of recruitment center**

Iimam Khomeini Hospital

**Full name of responsible person**

Ms Mahdoodeh

**Street address**

Keshavarz Bolvar, Tehran

**City**

Tehran

## Sponsors / Funding sources

### 1

**Sponsor**

**Name of organization / entity**

Tehran University of Medical Sciences

**Full name of responsible person**
Azam Bahiraei
**Street address**
Faculty of Nursing and Midwifery of Tehran, Tohid SQ, Tehran
**City**
Tehran
**Grant name**
**Grant code / Reference number**
**Is the source of funding the same sponsor organization/entity?**
Yes
**Title of funding source**
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**
Tehran University of Medical Sciences
**Full name of responsible person**
Morteza Shamsizadeh
**Position**
Master of Science Student
**Other areas of specialty/work**
**Street address**
Faculty of Nursing and Midwifery, Tohid SQ, Tehran
**City**
Tehran
**Postal code**
Iran
**Phone**
+98 21 6692 7171
**Fax**
**Email**
shamsizadeh89@gmail.com
**Web page address**

## Person responsible for scientific inquiries

**Contact**
**Name of organization / entity**
Tehran University of Medical Sciences
**Full name of responsible person**
Shokoh Varaei
**Position**
Iinstructor, Ph.D Candidate of Nursing
**Other areas of specialty/work**
**Street address**
Faculty of Nursing and Midwifery, Tohid SQ, Tehran
**City**
Tehran
**Postal code**
**Phone**
+98 21 6692 7171
**Fax**
**Email**
svaraei@hotmail.com, shvaraei@tums.ac.ir
**Web page address**

## Person responsible for updating data

**Contact**
**Name of organization / entity**
Tehran University of Medical Sciences
**Full name of responsible person**
Morteza Shamsizadeh
**Position**
Master of Science in Nursing Student
**Other areas of specialty/work**
**Street address**
Tohid SQ, Tehran
**City**
Tehran
**Postal code**
Iran
**Phone**
+98 21 6692 7171
**Fax**
**Email**
shamsizadeh89@gmail.com, mortezashamsizadeh@gmail.com
**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*