Clinical Trial Protocol
Iranian Registry of Clinical Trials

07 Nov 2026

Study on the Effectiveness of Fordyce Happiness Training on Life Expectancy in Candidate Patients for Coronary Artery Bypass Graft

Protocol summary

Study aim
Study on the Effectiveness of Fordyce Happiness Training on Life Expectancy in Candidate Patients for Coronary Artery Bypass Graft

Design
Clinical trial with control group, with parallel groups, without blindness, randomised,with 72 patients. The concealed randomisation sequence is used for randomisation.

Settings and conduct
For patients before coronary artery bypass grafting hospitalized in surgery wards of Heshmat hospital in Rasht ,group sessions including 6 group with 6 individuals will completed Miller questionnaire at 7 days prior to cardiac surgery. For patients of the Fordyce Happiness Model Training Intervention Group, 7 days before surgery by a psychologist will perform a daily session for 20-30 minutes for seven sessions. Immediately after the seventh session, Miller's life expectancy questionnaire will be completed again.

Participants/Inclusion and exclusion criteria
Inclusion criteria : 1. Age between 65-20 years 2.Having a minimum literacy of reading and writing 3. Lack of visual and auditory impairment 4. Being undergoing heart surgery for the first time 5. Be able to discuss in training sessions 6. Lack of depression and anxiety disorders based on the patient's history and case 7. Being aware of time and place

Intervention groups
Eligible individuals are randomly assigned to the 2 groups according to block randomized allocation.The first group, the group that is undergoing fordyce happiness training;The second group, the group without any interventions and just receives routin nursing care.

Main outcome variables
Life expectancy

General information

Reason for update

Acronym
FHT(Fordyce Happiness Training)

IRCT registration information
IRCT registration number: **IRCT20180205038626N6**
Registration date: **2020-06-22, 1399/04/02**
Registration timing: **retrospective**

Last update: **2020-06-22, 1399/04/02**
Update count: **0**

Registration date
2020-06-22, 1399/04/02

Registrant information

Name
Zahra Ahmadnia

Name of organization / entity

Country
Iran (Islamic Republic of)

Phone
+98 13 3361 8177

Email address
zahmadnia@gums.ac.ir

Recruitment status
Recruitment complete

Funding source

Expected recruitment start date
2019-08-04, 1398/05/13

Expected recruitment end date
2020-03-19, 1398/12/29

Actual recruitment start date
empty

Actual recruitment end date
empty

Trial completion date
empty

Scientific title
Study on the Effectiveness of Fordyce Happiness Training on Life Expectancy in Candidate Patients for Coronary Artery Bypass Graft

Public title
Effect of Fordyce Happiness Training in Candidate Patients for Coronary Artery Bypass Graft

Purpose
Supportive

Inclusion/Exclusion criteria

Inclusion criteria:
1. Age between 65-20 years 2. Having a minimum literacy of reading and writing 3. Lack of visual and auditory impairment 4. Being undergoing heart surgery for the first time 5. Be able to discuss in training sessions 6- Lack of depression and anxiety disorders based on the patient's history and file 7. Being aware of time and place

Exclusion criteria:
1) Patient dissatisfaction for continuing to participate in the study 2) Mental retardation 3) Having education in psychology and related fields 4) History of participating in the happiness model training course 5) History of the new crisis such as the death of first-degree relatives, divorce or parenthood in the last 6 months

Age
From **20 years** old to **65 years** old

Gender
Both

Phase
N/A

Groups that have been masked
No information

Sample size
Target sample size: **36**

Randomization (investigator's opinion)
Randomized

Randomization description
Based on random blocks method and considering 6 blocks, 6 blocks will be produced for 36 patients.After providing the list, a special code is assigned to each person, and for the application of concealment, sealed envelopes that are numbered orderly will be used.

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
Ethics committee of Guilan University of Medical Sciences

Street address
Rasht, Namjoo Ave., Shahid Siadati St., Faced to the 17th Shahrivar Hospital, Old Building, School of Health, University of Technology Research and Technology

City
Rasht

Province
Guilan

Postal code
41446-66949

Approval date
2019-08-03, 1398/05/12

Ethics committee reference number
IR.GUMS.REC.1398.227

Health conditions studied

1

Description of health condition studied
Coronary Artery Bypass Graft

ICD-10 code
T82.9

ICD-10 code description
Unspecified complication of cardiac and vascular prosthetic device, implant and graft

Primary outcomes

1

Description
Life Expectancy

Timepoint
7 days before open heart surgery and immediately after the seventh session of the Fordays Happiness Model Training

Method of measurement
Miller Questionnaire

Secondary outcomes

empty

Intervention groups

1

Description
Intervention group: The Fordayes Happiness Model will be taught 7 days before surgery, every day for 20-30 minutes, through a psychologist for seven sessions.The content of the sessions will be about the first session: Introduction and description of goals, the second session: teaching collective activities, the third session: removing worries and lowering expectations, the fourth session: teaching positive and optimistic thinking, the fifth session: cultivating healthy and social personality, the

sixth session:Leaving negative emotions, Session 7: sincere communication teaching and prioritizing happiness.

Category

Lifestyle

2

Description

Control group: No sessions and only routine nursing care

Category

Lifestyle

Recruitment centers

1

Recruitment center

Name of recruitment center

Dr. Heshmat Rasht Hospital

Full name of responsible person

Seyedeh Shiva Modallalkar

Street address

Dr. Heshmat Rasht Hospital -Masala Square, Baniyan St.

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41939-55588

Phone

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Email

Modallalkars@gmail.com

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Rasht University of Medical Sciences

Full name of responsible person

Mohammadreza Naghipour

Street address

Namjoo Ave., Shahid Siadati St., Rasht., Technology & Research Vice-chancellor of University

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naghi@gums.ac.ir

Grant name

Grant code / Reference number

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

Yes

Title of funding source

Rasht University of Medical Sciences

Proportion provided by this source

100

Public or private sector

Public

Domestic or foreign origin

Domestic

Category of foreign source of funding

empty

Country of origin

Type of organization providing the funding

Academic

Person responsible for general inquiries

Contact

Name of organization / entity

Rasht University of Medical Sciences

Full name of responsible person

Seyede shiva Modallalkar

Position

Nurse

Latest degree

Master

Other areas of specialty/work

Nursery

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Person responsible for scientific inquiries

Contact

Name of organization / entity

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Full name of responsible person

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Position

Nurse

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Person responsible for updating data

Contact

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Sharing plan

Deidentified Individual Participant Data Set (IPD)
Undecided - It is not yet known if there will be a plan to make this available

Study Protocol
Undecided - It is not yet known if there will be a plan to make this available

Statistical Analysis Plan
Undecided - It is not yet known if there will be a plan to make this available

Informed Consent Form
Undecided - It is not yet known if there will be a plan to make this available

Clinical Study Report
Undecided - It is not yet known if there will be a plan to make this available

Analytic Code
Undecided - It is not yet known if there will be a plan to make this available

Data Dictionary
Undecided - It is not yet known if there will be a plan to make this available