Clinical Trial Protocol
Iranian Registry of Clinical Trials

19 Oct 2026

The effect of interactive text message follow up on health promoting lifestyle of patients with acute coronary syndrome after discharge from the Cardiology ward

Protocol summary

Summary

The present clinical trial aimed to determine the effectiveness of interactive text message follow up on health promoting lifestyle of patients with Acute coronary syndrom, there for we placed 86 patients with acute coronary syndrom who have inclusion criteria, randomly and single blind, in control and experimental group.Inclution criteria is include: Diagnosis of Acute coronary syndrom by the cardiologist; Age between 35-70 years; Having the ability to read and write; Stable physical condition; Not having a mental disorder or mental and mobility disability; Having access to a phone and a mobile; Having normal bloods test ((Blood Urea Nitrogen, Creatinine, Potassium).Exclusion criteria include the patients who do not like to continue to participate in the study; Changing in phone and mobile number and do not informing Researcher. During 3 months intervention, each week 6 messages are send to the experimental subjects and the text messages are aboute health promoting lifestyle and patients ask their questions by text messages, there for communication is intractive, but in the control group, each week 1 messages are send that is not associated with health promoting lifestyle and is not interactive, then Collection of patient's data is performed before, immediately after and one month after the intervention with a demographic and data characteristics questionnaire and walker's health promoting lifestyle profille II and we determine the effectiveness of interactive text message follow up on health promoting lifestyle of patients with Acute coronary syndrom.

General information

Acronym

-

IRCT registration information

IRCT registration number: **IRCT2015111625077N1**
Registration date: **2016-01-30, 1394/11/10**
Registration timing: **retrospective**

Last update:
Update count: **0**

Registration date

2016-01-30, 1394/11/10

Registrant information

Name

Akram Moradi

Name of organization / entity

Isfahan University Of Medical Science

Country

Iran (Islamic Republic of)

Phone

+98 31 3750 0181

Email address

akrammoradi@nm.mui.ac.ir

Recruitment status

Recruitment complete

Funding source

Vince Chancellor for Research, Isfahan University Of Medical Sciences

Expected recruitment start date

2015-09-19, 1394/06/28

Expected recruitment end date

2015-10-22, 1394/07/30

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effect of interactive text message follow up on health promoting lifestyle of patients with acute coronary syndrome after discharge from the Cardiology ward

Public title
Examine the effectiveness of text message follow up on lifestyle of patients with Acute coronary syndrom
Purpose
Supportive
Inclusion/Exclusion criteria
Inclusion criteri: Diagnosis of Acute coronary syndrom by the cardiologist; Age between 35-70 years; Familliar with the persian language; Having the ability to read and write; Stable physical condition; Not having a mental disorder or mental and mobility disability; Lack of a vision, Speach and hearing problem; Having access to a phone and a mobile; Having normal bloods test (Blood Urea Nitrogen, Creatinine, Potassium); Selection of patient whom the use of mobile is not harmful. Exclusion criteria include the patients who do not like to continue to participate in the study; Changing in phone and mobile number and do not informing Researcher.
Age
From **35 years** old to **70 years** old
Gender
Both

Phase
2
Groups that have been masked
No information
Sample size
Target sample size: **86**
Randomization (investigator's opinion)
Randomized
Randomization description
Blinding (investigator's opinion)
Single blinded
Blinding description
Placebo
Not used
Assignment
Parallel
Other design features
we use43 pockets with number one and 43 pockets with number two.patients select one of pockets randomly. patients who select pockets with number one place in Exprimental group and patients who select pockets with number two place in control group.

Secondary Ids

empty

Ethics committees

1

Ethics committee
Name of ethics committee
Ethics commmittee of Isfahan University Of Medical Sciences
Street address
Hezar Jerib Avenue, Isfahan, Iran
City
Isfahan
Postal code
8147673461
Approval date
2015-09-13, 1394/06/22
Ethics committee reference number
IR.mui.rec.394473

Health conditions studied

1

Description of health condition studied
Acute coronary syndrom
ICD-10 code
124.9
ICD-10 code description
Acute ischaemic heart disease, unspecified

Primary outcomes

1

Description
Health promoting lifestyle
Timepoint
Baseline, 3months and 4 months after baseline
Method of measurement
Walker's health promoting lifestyle questionnaire

Secondary outcomes

1

Description
-
Timepoint
-
Method of measurement
-

Intervention groups

1

Description
During 3 months intervention, each week 6 messages are send to the experimental subjects and the contect of text messages is aboute health promoting lifestyle and patients ask their questions by text messages.
Category
Lifestyle

2

Description
During 3 months intervention, each week 1 messages are send to the control subjects and the contect of text messages is not aboute health promoting lifestyle and

intractive.

Category

Lifestyle

Recruitment centers

1

Recruitment center

Name of recruitment center

Chamran Hospital

Full name of responsible person

Akram Moradi

Street address

Salman Farsi avenue, Isfahan, Iran

City

Isfahan

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Vince Chancellor for Research, Isfahan University Of Medical Sciences

Full name of responsible person

Dr Mahdi Nematbakhsh phD in physiology

Street address

Hezar jrib Avenue, Isfahan University Of Medical Sciences

City

Isfahan

Grant name

-

Grant code / Reference number

-

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

Yes

Title of funding source

Vince Chancellor for Research, Isfahan 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

Isfahan University Of Medical Science, Faculty Of Nursing and Midwifery

Full name of responsible person

Mahin Moeini

Position

Msc of nursing, Department of adult health, Member of nursing and midwifery care research center, Me

Other areas of specialty/work

Street address

Faculty Of Nursing and Midwifery, Isfahan University Of Medical Sciences,Hezar jerib avenue,Isfahan,Iran

City

Isfahan

Postal code

Iran

Phone

+98 31 3792 2935

Fax

Email

moeini@nm.mui.ac.ir

Web page address

Person responsible for scientific inquiries

Contact

Name of organization / entity

Faculty Of Nursing and Midwifery, Isfahan University Of Medical Sciences

Full name of responsible person

Akram Moradi

Position

Bachelor of nursing(Msc student of nursing)

Other areas of specialty/work

Street address

Faculty Of Nursing and Midwifery, Isfahan University Of Medical science, Hezar jrib avenue, Isfahan, Iran

City

Isfahan

Postal code

Iran

Phone

+98 31 3750 0181

Fax

Email

akrammoradi@nm.mui.ac.ir; akram.moradi64@yahoo.com

Web page address

Person responsible for updating data

Contact

Name of organization / entity

Faculty Of Nursing and Midwifery, Isfahan University Of Medical Sciences

Full name of responsible person

Akram Moradi

Position

Bachelor of nursing(Msc student of nursing)

Other areas of specialty/work

Street address

Faculty Of Nursing and Midwifery, Isfahan University Of Medical science, Hezar jrib avenue, Isfahan, Iran

City

Isfahan

Postal code
Iran
Phone
+98 31 3750 0181
Fax
Email
akrammoradi@nm.mui.ac.ir;
akram.moradi64@yahoo.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