

Clinical Trial Protocol

Iranian Registry of Clinical Trials

16 Aug 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. Inclusion 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 about health promoting lifestyle and patients ask their questions by text messages, there for communication is interactive, 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 profile 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

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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 use 43 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 Experimental 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 committee 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 context of text messages is about 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 context of text messages is not about health promoting lifestyle and

interactive.

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

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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

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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

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Person responsible for scientific inquiries

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Position

Bachelor of nursing (Msc student of nursing)

Other areas of specialty/work

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Person responsible for updating data

Contact

Name of organization / entity

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Full name of responsible person

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Position

Bachelor of nursing (Msc student of nursing)

Other areas of specialty/work

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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