

Clinical Trial Protocol

Iranian Registry of Clinical Trials

27 Jul 2026

Effect of morning-and-evening of an 8-week Cardiac Rehabilitation program on indices, CTnI fat profiles, CRP and platelet among male patients with myocardium infraction

Protocol summary

Study aim

The present study aimed to investigate the effects of cardiac rehabilitation program conducted in either the morning or evening on indices, CTnI, fat profiles, CRP and platelets in MI patients who were at the phase IV (maintenance) of the disease.

Design

The subjects of this study are clinical trials with interventional and control groups, two blinds, randomized male population.

Settings and conduct

All patients with myocardial infarction referred to Shahid Madani hospital in Khorramabad city. Sampling method is a randomized categorical method based on inclusion criteria and available criteria. The eligible individuals are divided into subgroups of morning and evening, and subjects under the floor are randomly assigned to four intervention and control groups. Will take.

Participants/Inclusion and exclusion criteria

Inclusion criteria: history of angioplasty and coronary artery disease, elapsing at least eight weeks of MI.
Exclusion criteria: ejection fraction less than 40% and more than 55%, uncontrolled metabolic diseases.

Intervention groups

The intervention groups received a based home cardiac rehabilitation, exercise program, and the necessity of continuing the program. The control groups, also performed the usual cardiac rehabilitation program without utilizing exercise program.

Main outcome variables

Troponin, C-Reactive Protein, Platelets

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20181122041725N3**

Registration date: **2020-10-31, 1399/08/10**

Registration timing: **retrospective**

Last update: **2020-10-31, 1399/08/10**

Update count: **0**

Registration date

2020-10-31, 1399/08/10

Registrant information

Name

Mostafa Dehghani

Name of organization / entity

Country

Iran (Islamic Republic of)

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+98 66 3263 0659

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Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2019-09-01, 1398/06/10

Expected recruitment end date

2019-11-01, 1398/08/10

Actual recruitment start date

2020-04-03, 1399/01/15

Actual recruitment end date

2020-04-18, 1399/01/30

Trial completion date

2020-06-21, 1399/04/01

Scientific title

Effect of morning-and-evening of an 8-week Cardiac Rehabilitation program on indices, CTnI fat profiles, CRP and platelet among male patients with myocardium

infarction	
Public title	Ethics committee
The effect of cardiac rehabilitation in patients with myocardial infarction	Name of ethics committee
Purpose	Ethics committee of Lorestan University of Medical Sciences
Prevention	Street address
Inclusion/Exclusion criteria	No. 2, Lorestan University of Medical Sciences., Anooshirvan Rezaei Square
Inclusion criteria:	City
history of angioplasty and coronary artery disease	Korramabad
ejection fraction less than 40% and more than 55%	Province
Exclusion criteria:	Lorestan
ventricular arrhythmias endocrine diseases	Postal code
Age	6813833946
From 45 years old to 60 years old	Approval date
Gender	2020-10-07, 1399/07/16
Male	Ethics committee reference number
Phase	IR.LUMS.REC.1399.200
N/A	
Groups that have been masked	Health conditions studied
- Participant - Investigator	1
Sample size	Description of health condition studied
Target sample size: 80	Effect of cardiac rehabilitation in myocardial infarction
Actual sample size reached: 80	ICD-10 code
Randomization (investigator's opinion)	I25.1
Randomized	ICD-10 code description
Randomization description	Atherosclerotic heart disease of native coronary artery
Eligible patients were assigned to the groups through the stratified randomization method. People were first divided into two strata of morning and evening. Then, the subjects were selected from the strata through the block randomization method and divided into the intervention and control groups according to the order of the selected block number and the internal arrangement of blocks. The selected block number by luck. It should be noted that to blind the person who performed the sampling and to prevent the prediction of allocation, the size of the blocks was not written in the protocol.	Primary outcomes
Blinding (investigator's opinion)	1
Double blinded	Description
Blinding description	Blood indicators
This study is a double-blind clinical trial, which the patients were unaware of their allocation to the various groups Moreover, the researcher who was collecting various consequences of interventions will not be aware of group allocation.	Timepoint
Placebo	Before and after 8 weeks of cardiac rehabilitation
Not used	Method of measurement
Assignment	Blood test
Parallel	2
Other design features	Description
	Troponin I
Secondary Ids	Timepoint
empty	Before and after 8 weeks of cardiac rehabilitation
Ethics committees	Method of measurement
	Blood test
	3
	Description
	Cholesterol
	Timepoint
	Before and after 8 weeks of cardiac rehabilitation
	Method of measurement
	Blood test
	4
	Description

High-density lipoprotein
Timepoint
Before and after 8 weeks of cardiac rehabilitation
Method of measurement
Blood test

5

Description
Low-density lipoprotein
Timepoint
Before and after 8 weeks of cardiac rehabilitation
Method of measurement
Blood test

6

Description
Triglyceride
Timepoint
Before and after 8 weeks of cardiac rehabilitation
Method of measurement
Blood test

Secondary outcomes

empty

Intervention groups

1

Description
Intervention group: The intervention groups (morning and evening) carried out the cardiac rehabilitation walking program. The home cardiac rehabilitation program in this research included walking at home for almost 45-60 min (5-min warm-up, 40- min walking, and 5- min cool-down and stretching exercises).
Category
Rehabilitation

Recruitment centers

1

Recruitment center
Name of recruitment center
Madani hospital city khorramabad
Full name of responsible person
Mostafa dehghani
Street address
No. 1, Khairabad Street., Shaghayegh Square
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Sponsors / Funding sources

1

Sponsor
Name of organization / entity
Khoram-Abad University of Medical Sciences
Full name of responsible person
Ebrahim fallahi
Street address
No. 2, Lorestan University of Medical Sciences.,
Anooshirvan Rezaei Square
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Postal code
381251698
Phone
+98 66 3312 0172
Email
research@lums.ac.ir
Grant name
Grant code / Reference number
Is the source of funding the same sponsor organization/entity?
Yes
Title of funding source
Khoram-Abad 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
Khoram-Abad University of Medical Sciences
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Mostafa Dehghani
Position
Domestic
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Person responsible for updating data

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Sharing plan

Deidentified Individual Participant Data Set (IPD)

Yes - There is a plan to make this available

Study Protocol

Yes - There is a plan to make this available

Statistical Analysis Plan

Yes - There is a plan to make this available

Informed Consent Form

Yes - There is a plan to make this available

Clinical Study Report

Yes - There is a plan to make this available

Analytic Code

No - There is not a plan to make this available

Data Dictionary

No - There is not a plan to make this available

Title and more details about the data/document

Only part of the data, such as the original outcome information

When the data will become available and for how long

2020

To whom data/document is available

Researchers working in academia and academia

Under which criteria data/document could be used

Researchers

From where data/document is obtainable

Telephone

What processes are involved for a request to access data/document

Phone numbers, or email addresses, along with the names and addresses of individuals

Comments