

Clinical Trial Protocol

Iranian Registry of Clinical Trials

10 Jun 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 infarction

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

Email address

dehghani.m66@gmail.com

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

The effect of cardiac rehabilitation in patients with myocardial infarction

Purpose

Prevention

Inclusion/Exclusion criteria

Inclusion criteria:

history of angioplasty and coronary artery disease
ejection fraction less than 40% and more than 55%

Exclusion criteria:

ventricular arrhythmias endocrine diseases

Age

From **45 years** old to **60 years** old

Gender

Male

Phase

N/A

Groups that have been masked

- Participant
- Investigator

Sample size

Target sample size: **80**

Actual sample size reached: **80**

Randomization (investigator's opinion)

Randomized

Randomization description

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.

Blinding (investigator's opinion)

Double blinded

Blinding description

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.

Placebo

Not used

Assignment

Parallel

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Ethics committee of Lorestan University of Medical Sciences

Street address

No. 2, Lorestan University of Medical Sciences.,
Anooshirvan Rezaei Square

City

Korramabad

Province

Lorestan

Postal code

6813833946

Approval date

2020-10-07, 1399/07/16

Ethics committee reference number

IR.LUMS.REC.1399.200

Health conditions studied

1

Description of health condition studied

Effect of cardiac rehabilitation in myocardial infarction

ICD-10 code

I25.1

ICD-10 code description

Atherosclerotic heart disease of native coronary artery

Primary outcomes

1

Description

Blood indicators

Timepoint

Before and after 8 weeks of cardiac rehabilitation

Method of measurement

Blood test

2

Description

Troponin I

Timepoint

Before and after 8 weeks of cardiac rehabilitation

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 deghani

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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

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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

Full name of responsible person

Mostafa Deghani

Position

Domestic

Latest degree

Ph.D.

Other areas of specialty/work

Cardiology

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Person responsible for scientific inquiries

Contact

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Full name of responsible person
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Person responsible for updating data

Contact

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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