# Investigating the effectiveness of a preoperative education intervention on reducing anxiety and improving recovery among Chinese cardiac patients

Submission date	Recruitment status	[X] Prospectively registered
02/11/2009	No longer recruiting	☐ Protocol
Registration date	Overall study status	Statistical analysis plan
30/11/2009	Completed	Results
Last Edited	Condition category	Individual participant data
30/11/2009	Mental and Behavioural Disorders	<ul><li>Record updated in last year</li></ul>

## Plain English summary of protocol

Not provided at time of registration

## Contact information

## Type(s)

Scientific

#### Contact name

Dr Antony Arthur

#### Contact details

School of Nursing, Midwifery & Physiotherapy University of Nottingham B63a, Medical School Nottingham United Kingdom NG7 2UH tony.arthur@nottingham.ac.uk

## Additional identifiers

**EudraCT/CTIS** number

**IRAS** number

ClinicalTrials.gov number

## Secondary identifying numbers

N/A

## Study information

#### Scientific Title

Investigating the effectiveness of a pre-operative education intervention on reducing anxiety and improving recovery among Chinese cardiac patients: a two-arm randomised controlled trial taking place in two centres

#### **Study objectives**

Compared with usual care, participants who receive the pre-operative education intervention will show reduced anxiety and depression, reduce reported pain, reduce hospital admission, and reduce length of time in intensive care unit.

#### Ethics approval required

Old ethics approval format

#### Ethics approval(s)

- 1. The First Affiliated Hospital of Henan Science and Technology University University Teaching and Research Committee approved on the 15th January 2009
- 2. Luoyang City Central Hospital approved on the 8th January 2009

#### Study design

Two-arm multicentre randomised controlled trial

### Primary study design

Interventional

## Secondary study design

Randomised controlled trial

## Study setting(s)

Hospital

## Study type(s)

Quality of life

## Participant information sheet

Not available in web format, please use the contact details below to request a patient information sheet

## Health condition(s) or problem(s) studied

Anxiety in elective cardiac surgery

#### **Interventions**

Intervention: a structured leaflet based education intervention that includes:

- 1. A leaflet designed for Chinese cardiac patients and their families
- 2. 15 minute face-to-face oral explanation and opportunity to ask questions
- 3. Family in attendence if requested

#### Control: routine care

This form of intervention will take no more than 20 minutes and the total duration of follow-up for the two arms is 7 days following surgery.

#### Intervention Type

Other

#### **Phase**

Not Applicable

#### Primary outcome measure

Anxiety measured by the Hospital Anxiety & Depression Scale at baseline and 7 days after surgery

#### Secondary outcome measures

- 1. Depression measured by the Hospital Anxiety & Depression Scale at baseline and 7 days after surgery
- 2. Pain measured by the Brief Pain Inventory at baseline and 7 days after surgery
- 3. Time to discharge from intensive care unit following surgery
- 4. Time to discharge from hospital following surgery

#### Overall study start date

30/11/2009

## Completion date

30/05/2010

## Eligibility

#### Key inclusion criteria

- 1. Aged 18 years and over, either sex
- 2. Admission for any form of elective cardiac surgery at either of the two hospitals
- 3. Able to speak, read and write Chinese

#### Participant type(s)

Patient

#### Age group

Adult

#### Lower age limit

18 Years

#### Sex

Both

## Target number of participants

125

#### Key exclusion criteria

- 1. Unable to give informed consent
- 2. Emergency cases
- 3. Previous cardiac surgery

### Date of first enrolment

30/11/2009

#### Date of final enrolment

30/05/2010

## Locations

## Countries of recruitment

China

England

**United Kingdom** 

## Study participating centre School of Nursing, Midwifery & Physiotherapy

Nottingham United Kingdom NG7 2UH

## Sponsor information

### Organisation

University of Nottingham (UK)

## Sponsor details

Research Innovation Services Kings Meadow Campus Lenton Lane Nottingham England United Kingdom NG7 2NR

#### Sponsor type

University/education

#### Website

http://www.nottingham.ac.uk/

#### **ROR**

https://ror.org/01ee9ar58

## Funder(s)

#### Funder type

University/education

#### **Funder Name**

University of Nottingham (UK)

Alternative Name(s)

## **Funding Body Type**

Private sector organisation

#### **Funding Body Subtype**

Universities (academic only)

#### Location

**United Kingdom** 

#### **Funder Name**

The First Affiliated Hospital of Henan Science and Technology University (China)

#### **Funder Name**

Luoyang City Central Hospital (China)

## **Results and Publications**

## Publication and dissemination plan

Not provided at time of registration

Intention to publish date

Individual participant data (IPD) sharing plan

## IPD sharing plan summary

Not provided at time of registration