

Investigating the effectiveness of a pre-operative education intervention on reducing anxiety and improving recovery among Chinese cardiac patients

Submission date 02/11/2009	Recruitment status No longer recruiting	<input checked="" type="checkbox"/> Prospectively registered
Registration date 30/11/2009	Overall study status Completed	<input type="checkbox"/> Protocol
Last Edited 30/11/2009	Condition category Mental and Behavioural Disorders	<input type="checkbox"/> Statistical analysis plan
		<input type="checkbox"/> Results
		<input type="checkbox"/> Individual participant data
		<input type="checkbox"/> Record updated in last year

Plain English summary of protocol

Not provided at time of registration

Contact information

Type(s)

Scientific

Contact name

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Additional identifiers

Protocol serial number

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

Study type(s)

Quality of life

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 attendance 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(s)

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

Key secondary outcome(s)

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

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

Healthy volunteers allowed

No

Age group

Adult

Lower age limit

18 years

Sex

All

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**

United Kingdom

England

China

Study participating centre
School of Nursing, Midwifery & Physiotherapy
Nottingham
United Kingdom
NG7 2UH

Sponsor information

Organisation
University of Nottingham (UK)

ROR
<https://ror.org/01ee9ar58>

Funder(s)

Funder type
University/education

Funder Name
University of Nottingham (UK)

Alternative Name(s)
The University of Nottingham

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

Individual participant data (IPD) sharing plan

IPD sharing plan summary

Study outputs

Output type	Details	Date created	Date added	Peer reviewed?	Patient-facing?
Participant information sheet	Participant information sheet	11/11/2025	11/11/2025	No	Yes