

Clinical Trial Protocol

Iranian Registry of Clinical Trials

11 Jul 2026

Effects of an educational program on components of successful aging in the elderly referred to health centers of Isfahan

Protocol summary

Summary

1) Objectives: This study was done to evaluate the effects of an educational program on components of successful aging in the elderly referred to health centers of Isfahan, Iran. 2) Design: A three-stage empirical study was conducted on 72 elders that were randomly divided into two experimental and control groups. 3) Setting and conduct: For sampling one region was randomly selected from Isfahan province areas, of that region two health centers in the same local and life status conditions of the referees were selected and allocated to case and control groups. 4) Participants: Inclusion criteria: age range of 60-70 years old; being interested to participate in the experiment; no risk of mental retardation, Alzheimer, deafness, blindness, consciousness and mental disorders; the ability to learn and being able to speak in Persian. Exclusion criteria: involved in serious physical problem; not satisfied to participate or loss more than one session. 5) Intervention: nine-session educational program presenting health-related behaviors; including stress management and interpersonal relationships was held for the experimental group. Two sessions of group discussion including neutral topics were held for the control group. 6) Main outcome measures: Demographic Information Questionnaire, the General Health Questionnaire-28, and the Satisfaction with Life Scale by Diener were used. Pretest-posttest, and two-month follow-up sessions were performed for both groups.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2015112810297N4**

Registration date: **2016-07-23, 1395/05/02**

Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2016-07-23, 1395/05/02

Registrant information

Name

Leili Allahbakhshian

Name of organization / entity

Isfahan University of Medical Sciences

Country

Iran (Islamic Republic of)

Phone

+98 31 1668 7079

Email address

allahbakhshian@med.mui.ac.ir

Recruitment status

Recruitment complete

Funding source

Isfahan University of Medical Sciences

Expected recruitment start date

2014-07-01, 1393/04/10

Expected recruitment end date

2014-09-01, 1393/06/10

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Effects of an educational program on components of successful aging in the elderly referred to health centers of Isfahan

Public title

Effects of Health-Related Educational Program on Successful Aging

Purpose

Treatment

Inclusion/Exclusion criteria

inclusion criteria: age range of 60-70 years old; being interested to participate in the experiment; no risk of mental retardation, Alzheimer, deafness, blindness, consciousness and mental disorders; the ability to learn; being able to speak in Persian. Exclusion criteria: involved in serious physical problem; not satisfied to participate or loss more than one session

Age

From **60 years** old to **75 years** old

Gender

Both

Phase

2-3

Groups that have been masked

No information

Sample size

Target sample size: **72**

Randomization (investigator's opinion)

Randomized

Randomization description

Blinding (investigator's opinion)

Not blinded

Blinding description

Placebo

Not used

Assignment

Parallel

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Ethics committee of Isfahan University of Medical Sciences

Street address

Isfahan University of Medical Sciences, Hazar Jarib St., Azadi Square

City

Isfahan

Postal code

Approval date

2012-08-20, 1391/05/30

Ethics committee reference number

393309

Health conditions studied

1

Description of health condition studied

Mental Health

ICD-10 code

Z13.3

ICD-10 code description

Special screening examination for mental and behavioural disorders

Primary outcomes

1

Description

life satisfaction

Timepoint

two months after intervention

Method of measurement

Life Scale (SWLS) developed by Diener

Secondary outcomes

empty

Intervention groups

1

Description

The educational intervention was held in nine 60-90-minute sessions with one-week intervals.

Category

Behavior

2

Description

In addition to the periodic care of center subjects were participated in two group sessions with neutral discussions

Category

Behavior

Recruitment centers

1

Recruitment center

Name of recruitment center

Khorasgan Health center 1

Full name of responsible person

Mrs. Maryam Rahimi

Street address

Khorasgan Health center 1, Jay St., Khorasgan, Isfahan, Iran

City

Khorasgan

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Vice chancellor for research, Isfahan University of Medical Sciences

Full name of responsible person

Prof. Medi Nematbakhsh

Street address

Isfahan University of Medical Sciences, Hezar jarib St,
Azadi square, Isfahn, Iran

City

Isfahan

Grant name

Grant code / Reference number

Is the source of funding the same sponsor organization/entity?

Yes

Title of funding source

Vice 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 Sciences

Full name of responsible person

Mehrnoosh Shirani

Position

Ms in Geriatrics Nursing

Other areas of specialty/work

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Position

Assistant professor in Behavioral Sciences Research
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Person responsible for updating data

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Position

PhD student of knowledge and information sciences

Other areas of specialty/work

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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