

Clinical Trial Protocol

Iranian Registry of Clinical Trials

11 Jul 2026

The Effects of Laughter Therapy on Quality of Life and General Health among Elderly People Referring to Jahandidegan Retirement Community Center in Shiraz, 2014

Protocol summary

Summary

This is a quasi-experimental and interventional study. Goal of study: to determine the effect of laughter therapy on quality of life and public health among the elderly people referring to Jahandidegan (Khold-e-Barin) retirement community center in Shiraz. Balanced block randomization method is used to randomize the participants, into case and control groups (two groups of 40 each). A briefing session is held for each group individually to familiarize the participants with our research plan. After obtaining informed consent, General Health Questionnaire (GHQ) and quality of life questionnaire (SF-12) are completed by those who are willing to participate in the study. Inclusion criteria included age over 60, willingness to participate in the study, completing informed consent form, not participating in a similar study simultaneously and lack of mental disability; while, exclusion criteria included any experience of social-family crisis during the study, unwillingness to participate in the study, more than two absences and any types of respiratory diseases which can be transmitted to other participants. The older adults in the case group participate in a laughter therapy consisted of two 90-minute sessions per week for 6 weeks; while the participants of the case group received no intervention. The questionnaires are completed by the participants of both groups immediately after the intervention. The study is lasted for one and a half month in both groups.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2014061111691N4**

Registration date: **2014-06-17, 1393/03/27**

Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2014-06-17, 1393/03/27

Registrant information

Name

Fariba Ghodsbin Jahromi

Name of organization / entity

Shiraz University of Medical Sciences

Country

Iran (Islamic Republic of)

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+98 71 1647 4250

Email address

ghodsbin@sums.ac.ir

Recruitment status

Recruitment complete

Funding source

Shiraz University of Medical Sciences, Vice Chancellor for Research Affairs

Expected recruitment start date

2014-01-08, 1392/10/18

Expected recruitment end date

2014-02-17, 1392/11/28

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The Effects of Laughter Therapy on Quality of Life and General Health among Elderly People Referring to Jahandidegan Retirement Community Center in Shiraz, 2014

Public title

The Effects of Laughter Therapy on Quality of Life and General Health among Elderly People Referring to Jahandidegan Retirement Community Center in Shiraz, 2014

Purpose

Prevention

Inclusion/Exclusion criteria

Inclusion criteria: age over 60, willingness to participate in the study, completing informed consent form, not participating in a similar study simultaneously and lack of mental disability. Exclusion criteria: any experience of social-family crisis during the study, unwillingness to participate in the study, more than two absences and any types of respiratory diseases which can be transmitted to other participants

Age

From **60 years** old to **80 years** old

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **80**

Randomization (investigator's opinion)

Randomized

Randomization description

Blinding (investigator's opinion)

Single blinded

Blinding description

Placebo

Not used

Assignment

Parallel

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Shiraz University of Medical Sciences

Street address

Central building of Shiraz University of Medical Sciences Shiraz, Zand Blvd.

City

Shiraz

Postal code

Approval date

2013-11-03, 1392/08/12

Ethics committee reference number

CT-92-6759

Health conditions studied

1

Description of health condition studied

Low quality of life

ICD-10 code

F88

ICD-10 code description

Other disorders of psychological development

Primary outcomes

1

Description

Quality of life

Timepoint

Before and immediately after the intervention

Method of measurement

Quality of life questionnaire (SF-12)

2

Description

Public health

Timepoint

Before and immediately after the intervention

Method of measurement

General Health Questionnaire (GHQ)

Secondary outcomes

empty

Intervention groups

1

Description

The intervention included laughter therapy training program consisted of two 90-minute sessions per week for 6 weeks. Training program includes performing breathing and physical exercises as well as laughter techniques.

Category

Behavior

2

Description

without any intervention on the control group

Category

Other

Recruitment centers

1

Recruitment center

Name of recruitment center

Jahandidegan (Khold-e-Barin) Retirement Community

Center
Full name of responsible person
Roya Razavi
Street address
Jahandidegan (Khold-e-Barin) retirement community
center, Khold-Barin st.
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Person responsible for scientific inquiries

Contact

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity
Shiraz University of Medical Sciences, Vice Chancellor
for Research Affairs
Full name of responsible person
Dr. Basir Hashemi
Street address
Central building of Shiraz University of Medical
Sciences, Zand st.
City
Shiraz
Grant name
Grant code / Reference number
**Is the source of funding the same sponsor
organization/entity?**
Yes

Title of funding source
Shiraz University of Medical Sciences, Vice Chancellor for
Research Affairs
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

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Person responsible for updating data

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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