Clinical Trial Protocol
Iranian Registry of Clinical Trials

16 Sep 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

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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, Khlod-Barin st.
City
Shiraz

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
Name of organization / entity
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Fariba Ghodsbin
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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