Clinical Trial Protocol
Iranian Registry of Clinical Trials

16 Sep 2026

The effect of Poetry therapy on the cognitive status and depression in elderly residents of a sanitarium Arak city

Protocol summary

Summary

The purpose of this semi-experimental study is to investigate the effect of group poetry therapy on cognitive status &depression among 76 elderly people, who have the sample characteristics. In Arak sanitarium center. Diving was done by the use of random allocation block to divide the population into 19 blocks of 4 entries. During the research the number of sample decreased, and finally there were 39 people in intervention group and 33 people in control group. So 72 people enter this study. Main inclusion criteria: age of 60 or above, lack of psychological disorder, and mild or moderate depression. Exclusion criteria: elderly person dislike to continue. For the intervention group program was based on group poetry therapy technique, made in the form of poems & group poetry therapy in 12 sessions of 60 minutes during 6 weeks. The poem of each session was chosen by the references or therapist, and sang by the therapist in a laud voice twice. A members can sing the song if she/he likes, and all members are encouraged to response to. The purpose was to understand the general content, and mostly singing together is considered. Control group participated in daily group meeting without special intervention. The main tools to collect data are demographic data, questionnaire Abbreviated mental test (AMT) and Geriatric Depression scale(GDS). After evaluating intervention, cognitive and depression status were investigated. And finally the results gained by two groups were compared by means of statistical analysis methods.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2013021812516N1**
Registration date: **2013-03-13, 1391/12/23**
Registration timing: **retrospective**
Last update:
Update count: **0**

Registration date

2013-03-13, 1391/12/23

Registrant information

Name
Jamshid Faraji
Name of organization / entity
University of Social Welfare and Rehabilitation Sciences
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Iran (Islamic Republic of)
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+98 21 2224 9993
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j.faraji@uswr.ac.ir

Recruitment status

Recruitment complete

Funding source

University of Social Welfare And Rehabilitation Sciences

Expected recruitment start date

2012-07-19, 1391/04/29

Expected recruitment end date

2012-08-17, 1391/05/27

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effect of Poetry therapy on the cognitive status and depression in elderly residents of a sanitarium Arak city

Public title

The effect of Poetry therapy on the cognitive status and depression in elderly

Purpose

Prevention

Inclusion/Exclusion criteria

The inclusion criteria are: 1. age of 60 years and older 2. Being without psychological disorder; dementia, Alzheimer's disease(gaining a test score more than 7 in AMT) .3. Being able to participate in the study. 4. Being candidate &interest in participating &collaborating in this research. 5. Being aware of consent form, and singing it. 6.suffering form mild or moderate depression; based on GDS (mild depression between 5 to 8 and moderate depression between 9 to 11). 7. Being non ECT. Exclusion criteria such as ,an elderly person dislike to continue, suffering form physical & mental illness(severe psychotic) were screened by the physician of sanitarium center.

Age

From **60 years** old to **91 years** old

Gender

Both

Phase

N/A

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

University of Social Welfare and Rehabilitation Sciences Ethics Committee

Street address

Kodakyar Ave., Daneshjo Blvd., Evin

City

Tehran

Postal code

1985713834

Approval date

2012-07-11, 1391/04/21

Ethics committee reference number

9974/2/801/91/Ī

Health conditions studied

1

Description of health condition studied

Cognitive disorder

ICD-10 code

F06.7

ICD-10 code description

Mild cognitive disorder

2

Description of health condition studied

Mild depressive episode

ICD-10 code

F32.0

ICD-10 code description

Mild depressive episode

Primary outcomes

1

Description

Cognitive status

Timepoint

Before intervention, after intervention and one month after

Method of measurement

Abbreviated mental test score

2

Description

Depression

Timepoint

Before intervention, after intervention and one month after

Method of measurement

GDS (Geriatric Depression Scale)

Secondary outcomes

empty

Intervention groups

1

Description

For the intervention group program was based on group poetry therapy technique, made in the form of poems & group poetry therapy in 12 sessions of 60 minutes during 6 weeks. The poem of each session was chosen by the references or therapist, and sang by the therapist in a laud voice twice. A members can sing the song if she/he likes, and all members are encouraged to responde to. The purpose was to understand the general content, and mostly singing together is considered.

Category

Rehabilitation

2

Description
Control group : participated in daily group meeting without special intervention
Category
Treatment - Other

Recruitment centers

1

Recruitment center
Name of recruitment center
Arak sanitarium
Full name of responsible person
MS. Parvin Jahanban
Street address
Poshtareh st., 17 metri Malek st.
City
Arak

Sponsors / Funding sources

1

Sponsor
Name of organization / entity
University of Social Welfare and Rehabilitation Sciences-Reaserch Centers
Full name of responsible person
Dr. Hasan Shakeri
Street address
Kodakyar Ave., Daneshjo Blvd., Evin
City
Tehran
Grant name
Grant code / Reference number
Is the source of funding the same sponsor organization/entity?
Yes
Title of funding source
University of Social Welfare and Rehabilitation Sciences-Reaserch Centers
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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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