

Clinical Trial Protocol

Iranian Registry of Clinical Trials

09 Jul 2026

The Effect of Recreation Therapy on Depression in Elderly

Protocol summary

Summary

This study was conducted with the aim to investigate the effect of recreation therapy on depression in the elderly who attended day-care center (n=200). Inclusion criteria included living in home, age over 60, health cognition, ability to do activity of daily living independently. The statistical community included the elderly aged over 60 years who attended Yas day-care center in Tehran. Samples were 64, that assigned to experimental (n=32) and control (n=32) groups randomly. 2 persons in control group were removed from study. The intervention included 10 recreation therapy sessions over 10 weeks which were held for the experimental group. Depression was measured before and after intervention and also two weeks after intervention in both groups.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2014092113850N2**

Registration date: **2015-01-16, 1393/10/26**

Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2015-01-16, 1393/10/26

Registrant information

Name

Farahnaz Mohammadi Shahbalaghi

Name of organization / entity

Social Welfare and Rehabilitation Science University

Country

Iran (Islamic Republic of)

Phone

+98 21 2218 0036

Email address

f.mohammadi@uswr.ac.ir

Recruitment status

Recruitment complete

Funding source

Vice Chancellor for research of Welfare and Rehabilitation Science University

Expected recruitment start date

2013-06-05, 1392/03/15

Expected recruitment end date

2013-06-22, 1392/04/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The Effect of Recreation Therapy on Depression in Elderly

Public title

Recreation Therapy on Depression in Elderly

Purpose

Supportive

Inclusion/Exclusion criteria

Inclusion criteria: Living in home; Age over 60; Cognition health according to Abbriative Mental test; Ability to do activities of daily living independently according to barthel scale; lack of serious illness or pain; Ability in verbal communications; lean to participate; lack of participating in similar activities; Exclusion criteria: The appearance of disease or pain that led to lack of participation; lack of inclination to continue participating in recreational activities; The appearance of physical and mental disorders

Age

From **60 years** old to **85 years** old

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: 64

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 Social Welfare and Rehabilitation
Science University

Street address

No.19, Koodakyar street, Velenjak, Tehran

City

Tehran

Postal code

1985713834

Approval date

2014-09-27, 1393/07/05

Ethics committee reference number

15353

Health conditions studied

1

Description of health condition studied

Depression

ICD-10 code

F32

ICD-10 code description

Depressive episode

Primary outcomes

1

Description

Depressive episode

Timepoint

Before intervention,10 weeks After beginning of
intervention,2 weeks After the end of intervention

Method of measurement

Geriatric Depression Scale

Secondary outcomes

1

Description

Ability to do activity of daily living

Timepoint

before intrvention

Method of measurement

Barthel Scale

2

Description

cognition health

Timepoint

before intrvention

Method of measurement

Abbriative Mental Test

Intervention groups

1

Description

Intervention group :10 recreation therapy sessions over
10 weeks.intervention included 10 sections sculpturing
for 90 minutes once a week,10 sections exercising for 45
minutes once a week,10 section listening to music for 60
minutes once a week,10 sections relaxation for 30
minutes once a week,twice one day tours travel(8 am to
6pm) to tulip garden in Karaj and the plain carrot in
Fasham

Category

Treatment - Other

2

Description

Control group:Using routine service include:visiting by
doctor

Category

Treatment - Drugs

Recruitment centers

1

Recruitment center

Name of recruitment center

Yas Day Care Center

Full name of responsible person

Marzieh Shirazi Khah

Street address

NO.132, Navvab Square, Sttarkhan Street, Tehran

City

Tehran

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Vice Chancellor for research of Social Welfare and Rehabilitation Science University

Full name of responsible person

Masoumeh Dejman

Street address

Social Welfare and Rehabilitation Science University

City

Tehran

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 of Social Welfare and Rehabilitation Science University

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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Full name of responsible person

Zeinab Karbalaee

Position

Student

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