

# 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**

Social Welfare and Rehabilitation Science University

**Full name of responsible person**

Zeinab Karbalaee

**Position**

Student

**Other areas of specialty/work****Street address**

NO.5, Gheybi Square, Modarres Street, Shahre Rey, Tehran

**City**

Tehran

**Postal code**

1985713834

**Phone**

+98 21 2218 0036

**Fax****Email**

Zeinabkarbalaee90@Yahoo.com;  
zeinabkarbalaee@hotmail.com

**Web page address**

## Person responsible for scientific inquiries

**Contact****Name of organization / entity**

ASSISTANT

**Full name of responsible person**

Mohammadi Shahbalaghi, Farahnaz

**Position**

PHD

**Other areas of specialty/work****Street address**

Social Welfare and Rehabilitation Science University

**City**

Tehran

**Postal code****Phone**

+98 21 2218 0036

**Fax****Email**

F.mohammadi@uswr.ac.ir

**Web page address**

## Person responsible for updating data

**Contact****Name of organization / entity**

Social Welfare and Rehabilitation Science University

**Full name of responsible person**

Zeinab Karbalaee

**Position**

Student

**Other areas of specialty/work****Street address**

NO.5, Modarres Street, Gheybi square, Shahre Rey, Tehran

**City**

Tehran

**Postal code**

1853963877

**Phone**

+98 21 3389 4746

**Fax****Email**

zeinabkarbalaee90@yahoo.com

**Web page address**

## 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*