

Clinical Trial Protocol

Iranian Registry of Clinical Trials

19 Jul 2026

The effect of general and spiritual reminiscence on general health and self-esteem of the elderly residents

Protocol summary

2016-05-21, 1395/03/01

Summary

This study aimed to determine the efficacy of conventional spiritual reminiscence group therapy on general health and self-esteem by seniors in nursing homes. This study is a three-stage clinical trial that will be conducted in Isfahan. In this study, 64 elderly people living in nursing homes with inclusion criteria selected age of participants is between 65-75 and stay in a nursing home for at least 6 months and assigned randomly to an experimental group and a control group. Then the experimental group will be done intervention typical and spiritual reminiscence program for 8 sessions (2 sessions at weeks for 4 weeks). Exclusion criteria is absence in more than one session and criteria of excluding is grief Experience for at least 6 months. Intervention is : First session: This session included familiarity of members of the group and therapist with each other, SessionII: childhood memories, Third meeting: talk about memories of youth and education, Session Four: Providing memories of marriage and childbirth, Fifth Session: memoirs and job experiences and successes of the period, Sixth Session: Holiday memories and travels in the previous period, Seventh session: providing memories of special events and important task in life, Session VIII: Conclusions and end of sessions

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2016043014463N8**

Registration date: **2016-05-21, 1395/03/01**

Registration timing: **registered_while_recruiting**

Last update:

Update count: **0**

Registration date

Registrant information

Name

Zahra Ghazavi

Name of organization / entity

Isfahan University of Medical Sciences

Country

Iran (Islamic Republic of)

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Email address

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Recruitment status

Recruitment complete

Funding source

Vice chancellor for research, Isfahan University of Medical Sciences

Expected recruitment start date

2016-04-03, 1395/01/15

Expected recruitment end date

2016-06-04, 1395/03/15

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effect of general and spiritual reminiscence on general health and self-esteem of the elderly residents

Public title

The effect of general and spiritual reminiscence on general health and self-esteem of the elderly residents

Purpose

Supportive

Inclusion/Exclusion criteria

Inclusion criteria: Interested in participating in the study;

Able to express their Memories and experiences; Having a support system; Hearing and no blindness; Not receiving any treatment that interfere in mental ability, memory or thinking; Stay in a nursing home for at least 6 months; To have Full consciousness about the time, place and person; Reading and writing literacy; Having the power of writing; Be a resident of the Esfahan city; Be Iranians and Muslim Exclusion criteria: Not wanting to continue the cooperation of the participants during the study; Participate in psychotherapy at the time of the study; Faced with acute stress, such as relatives died during the study; Hospitalization or acute disease; Absence in more than one session; The use of psychiatric drugs affecting public health component (depression, anxiety, sleep, social functioning, effective physical symptoms) during the study

Age

From **51 years** old to **41 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**

Used

Assignment

Parallel

Other design features

Table of random numbers

Secondary Ids

empty

Ethics committees**1****Ethics committee****Name of ethics committee**

Ethics committee of Isfahan University of Medical Sciences

Street address

Isfahan University of Medical Sciences, Hezar jerib Ave Esfahan

City

Esfahan

Postal code

8174673461

Approval date

2015-12-06, 1394/09/15

Ethics committee reference number

IR.MUI.REC.1394.3.644

Health conditions studied**1****Description of health condition studied**

Mental and behavioural disorders

ICD-10 code

F43

ICD-10 code description

Reaction to severe stress, and adjustment disorders

Primary outcomes**1****Description**

General Health

Timepoint

Before the intervention, Immediately after the intervention, One month after the intervention

Method of measurement

General Health questionnaire

2**Description**

Self-Esteem

Timepoint

Before the intervention, Immediately after the intervention, One month after the intervention

Method of measurement

Rosenberg Self-Esteem Scale

Secondary outcomes**1****Description**

-

Timepoint

-

Method of measurement

-

Intervention groups**1****Description**

Intervention Group: will have typical and spiritual reminiscence program for eight sessions (2 sessions at weeks for 4 weeks)

Category

Behavior

2**Description**

Control group: Ordinary conversation

Category

Behavior

Recruitment centers

1

Recruitment center

Name of recruitment center

Sadeghieh Center

Full name of responsible person

Mohammad Emamjomeh

Street address

Sanati University Square

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Esfahan

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Vice chancellor for research of Isfahan University of Medical Sciences

Full name of responsible person

Mahdi Nematbakhsh

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Isfahan University of Medical Sciences, Hezar jerib Ave

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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 Isfahan University of Medical Sciences

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

Isfahan University Of Medical Sciences

Full name of responsible person

Ayoob Faridi, Zahra Ghazavi

Position

Academic Member/ Master of Science

Other areas of specialty/work

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Person responsible for updating data

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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