Clinical Trial Protocol
Iranian Registry of Clinical Trials

18 Sep 2026

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

Protocol summary

Summary

This study aimed to determine the efficacy of c onventional 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

2016-05-21, 1395/03/01

Registrant information

Name
Zahra Ghazavi
Name of organization / entity
Isfahan University of Medical Sciences
Country
Iran (Islamic Republic of)
Phone
+98 31 3792 7580
Email address
zahra_ghazavi@nm.mui.ac.ir

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
City
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
Street address
Isfahan University of Medical Sciences, Hezar jerib Ave
City
Esfahan
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
Street address
Psychiatric Nursing Dep, Nursing and Midvifery Faculty, Isfahan University of Medical Sciences, Hezar Jerib Ave.
City
Esfahan
Postal code
8174673461
Phone
+98 31 3792 7580
Fax
+98 31 3669 9398
Email
zahra_ghazavi@nm.mui.ac.ir; ayoobfaridi@gmail.com
Web page address

Person responsible for scientific 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
Street address
Psychiatric Nursing Dep, Nursing and Midvifery Faculty, Isfahan University of Medical Sciences, Hezar Jerib Ave.
City
Esfahan
Postal code
8174673461
Phone
+98 31 3792 7580
Fax
+98 31 3669 9398
Email
zahra_ghazavi@nm.mui.ac.ir; ayoobfaridi@gmail.com
Web page address

Person responsible for updating data

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
Street address
Psychiatric Nursing Dep, Nursing and Midvifery Faculty, Isfahan University of Medical Sciences, Hezar Jerib Ave.
City
Esfahan
Postal code
8174673461
Phone
+98 31 3792 7580
Fax
+98 31 3669 9398

Email
zahra_ghazavi@nm.mui.ac.ir; ayoobfaridi@gmail.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