Clinical Trial Protocol
Iranian Registry of Clinical Trials

22 Jun 2026

The effect of reminiscence and group discussion on the elderly Happiness

Protocol summary

Summary

This study was designed to investigate the effects of reminiscence on the elderly happiness. In this study, 64 elderly people over 60 years Referred to After completing the Consent form,Questionnaire Mini–mental state examination and gain the top score of 20 and having Inclusion criteria such as literacy Reading and writing, consent to participate in the study and ... Will be Studied. And if Having a hearing disturbances And the absence And absence More than once, etc Will be excluded. Participants were randomly divided into control and intervention groups. Each group consisted of eight participants. Using the Oxford Happiness Questionnaire scores Happiness both experimental and control groups during the fourth stage, the third session, the sixth session and one month after the intervention will be measured Reminiscence intervention in the the experimental group a three-week sessions with specific topics for each session and group discussion sessions with subjects in the control group selection will be held.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2013122915978N1**
Registration date: **2014-02-11, 1392/11/22**
Registration timing: **retrospective**

Last update:
Update count: **0**

Registration date

2014-02-11, 1392/11/22

Registrant information

Name

Zahra Yousefi

Name of organization / entity

Kashan University of Medical Sciences

Country

Iran (Islamic Republic of)

Phone

+98 36 1552 0021

Email address

z.yousefi@kaums.ac.ir

Recruitment status

Recruitment complete

Funding source

Vice chancellor for research, Kashan University of Medical Sciences

Expected recruitment start date

2013-09-19, 1392/06/28

Expected recruitment end date

2013-12-07, 1392/09/16

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effect of reminiscence and group discussion on the elderly Happiness

Public title

The effect of reminiscence and group discussion on the elderly Happiness

Purpose

Other

Inclusion/Exclusion criteria

Inclusion criteria • Age over 60 years • Hearing having been accepted for listening sessions • the ability to speak in Farsi • read and write • Lack of cognitive impairment (up to 20 points based on test MMSE) • According to psychiatrists, psychiatric diagnosis is not known • Physical ability to participate And sitting in class • consent to participate in the study. • Exclusion criteria : • Hearing impairments during the study (eg, hearing aid malfunction) • Action to psychiatric pills due to psychological problems during the study • Absence of

more than one session • Family severe crises experienced during the study , such as family bereavement , sudden illness of a family member ... • Acute illness resulting in hospitalization • Lack of cooperation during the study

Age
From **60 years** old to **86 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
Kashan University of Medical Sciences

Street address
5th Kilometer Ghotbe Ravandi Bulv، Isfahan، kashan، iran

City
kashan

Postal code
87159/88141

Approval date
2010-09-23, 1389/07/01

Ethics committee reference number
9250

Health conditions studied

1

Description of health condition studied
elderly happiness

ICD-10 code

ICD-10 code description

Primary outcomes

1

Description
happiness

Timepoint
Before the intervention, the third session, the sixth session, a month after the end of the study

Method of measurement
Oxford Happiness Questionnaire to measure outcomes.

Secondary outcomes

empty

Intervention groups

1

Description
The intervention used in the experimental group reminiscence classes in six sessions per week for two sessions for a given hour and day and will be done in three consecutive weeks. The memory Subject discussed in each session Specific topics will be pre-determined.

Category
Other

2

Description
The control group is a a group discussion topics for each session on the same day The meeting will be determined by consensus.a group discussions in six sessions, two sessions per week at a specified time and date will be formed. Intervention in the form of a group discussion topics each session will be determined on the same day consensus meeting members. Done. Group discussions in the past six sessions, two sessions per week at a specific time and day it will be formed.

Category
Other

Recruitment centers

1

Recruitment center

Name of recruitment center
ClubJahandidegan Gorgan

Full name of responsible person
Zahra Yousefi

Street address
Street Justice36، Vali Asr Avenu، next to Water Organization...

City
Gorgan

Sponsors / Funding sources

1

Sponsor

Name of organization / entity
Vice chancellor for research, Kashan University of Medical Sciences

Full name of responsible person
Dr.Gholamali Hamidi

Street address
5th Kilometer Ghotbe Ravandi Bulv.

City
kashan

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, Kashan 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
Kashan University of Medical Sciences

Full name of responsible person
Zahra Yousefi

Position
Graduate student of Geriatric Nursing

Other areas of specialty/work

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Person responsible for scientific inquiries

Contact

Name of organization / entity
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Full name of responsible person
Khadijeh Sharifi

Position
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Contact

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Position
Graduate student of nursing geriatric

Other areas of specialty/work

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00

Fax

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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