

# 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 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****Street address**

5th Km of Ghotbe Ravandi Bulv.

**City**

kashan

**Postal code****Phone**

+98 36 1555 2999

**Fax****Email**

z.yousefi@kaums.ac.irstu.yousefi@yahoo.com

**Web page address**

### Person responsible for scientific inquiries

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

Kashan University of Medical Sciences\_Faculty of Nursing and Midwifery

**Full name of responsible person**

Khadijeh Sharifi

**Position**

PhD

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

5th Kilometer Ravand Bulv.

**City**

kashan

**Postal code****Phone**

+98 36 1555 2999

**Fax****Email**

sharifi\_kh@kaums.ac.ir

**Web page address**

### Person responsible for updating data

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

Kashan University of Medical Science

**Full name of responsible person**

Zahra Yousefi

**Position**

Graduate student of nursing geriatric

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

5th Kilometer Ravand Bulv

**City**

kashan

**Postal code****Phone**

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**Fax****Email****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*