

Clinical Trial Protocol

Iranian Registry of Clinical Trials

29 Jul 2026

The efficacy of reminiscence therapy of life with emphasis on integrative reminiscence on self-esteem and anxiety in aged male without spouse

Protocol summary

Summary

The aim of this study was to examine the efficacy of reminiscence therapy of life with emphasis on integrative reminiscence on self-esteem and anxiety in aged men without spouse in two experimental and control groups. The main inclusion criteria are: being a widower and lack of physically and mentally chronic diseases. An exclusion criterion is: 3 sessions of absence of the elderly people. The study population included all 60 to 80 year old people of Meshginshahr of whom 34 participants were selected using convenient sampling. They were randomly allocated into two equal groups (experimental and control). Therapy sessions will be conducted on the experimental group in six sessions and each session last 60 minutes. The control group did not receive any intervention. The primary outcomes of the study will include the two variables of self-esteem and anxiety.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2014080616602N3**
Registration date: **2014-08-27, 1393/06/05**
Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2014-08-27, 1393/06/05

Registrant information

Name

Vahid Ataie Moghanloo

Name of organization / entity

Payam Noor University of Parsabad Moghan

Country

Iran (Islamic Republic of)

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Recruitment status

Recruitment complete

Funding source

Payam Noor University of Parsabad Ardabil

Expected recruitment start date

2013-04-21, 1392/02/01

Expected recruitment end date

2013-05-22, 1392/03/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The efficacy of reminiscence therapy of life with emphasis on integrative reminiscence on self-esteem and anxiety in aged male without spouse

Public title

The efficacy of reminiscence therapy in aged males

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria: being in the target age range (60 to 80 years); being a widower; lack of physically and mentally chronic diseases. Exclusion criteria: 3 sessions of absence of the elderly people.

Age

From **60 years** old to **80 years** old

Gender

Male

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: 34

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**

Payam Noor University of Pars Abad Ardabil

Street address

Building No. 1, Number 24, St. Daneshgah, Pars Abad, Ardabil

City

Parsabad

Postal code

5675151548

Approval date

2013-04-11, 1392/01/22

Ethics committee reference number

23197

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

Mood Disorders

ICD-10 code

F30

ICD-10 code description

Mood [affective] disorders

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

Self-esteem

Timepoint

Before intervention and two months after start of intervention

Method of measurement

Rosenberg self-esteem scale

2**Description**

Anxiety

Timepoint

Before intervention and two months after start of intervention

Method of measurement

questionnaire of general anxiety

Secondary outcomes

empty

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

The treatment program consisted of 6 sessions which was held once a week for an hour due to the physical circumstances of samples and according to the handbook of interventions. The topics for each session included: 1- Major turning points in life. 2- Family history. 3- Career. 4- History of loves and hates. 5- Stressful experiences. 6- Meaning and purpose of life. Because of using integrative reminiscence, the participants interpreted and assessed the subjects with the help of the therapist at the end of each discussion session and tried to find and give meaning to what the person had experienced and acceptance of negative past experiences and integrate them into the present life.

Category

Behavior

2**Description**

The control group did not receive any intervention.

Category

N/A

Recruitment centers**1****Recruitment center****Name of recruitment center**

Welfare Office Meshginshahr

Full name of responsible person

Mr Majid Basirat

Street address

Building No. 31, Number 3, St. Emam, Meshginshahr, Ardabil

City

Meshginshahr

Sponsors / Funding sources**1****Sponsor**

Name of organization / entity

Payam Noor University of Pars Abad Ardabil

Full name of responsible person

Mr Mousa Moazzezi

Street address

Building No. 1, Number 24, St. Daneshgah, Pars Abad, Ardabil

City

Parsabad

Grant name**Grant code / Reference number****Is the source of funding the same sponsor organization/entity?**

Yes

Title of funding source

Payam Noor University of Pars Abad Ardabil

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**

Payam Noor University of Pars Abad Ardabil

Full name of responsible person

Vahid Ataie Moghanloo

Position

MA in Clinical Psychology

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

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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