

Clinical Trial Protocol

Iranian Registry of Clinical Trials

11 Jul 2026

Comparison of the effect of group and family based education on elderly lifestyle

Protocol summary

Summary

The aim of this study is the determination and comparison of the effect of group and family based education on elderly lifestyle. Elderly that have a health record in center of Rural health Boyer Ahmad, will participate in this quasi experimental and randomize study. In total, 150 elderly will be divided in 3 group, 2 experimental group and 1 control group. The experimental 1 group education (n=50), experimental 2 family based education (n=50) and control group (n=50). Data will be collected by elderly lifestyle questionnaire. Inclusion criteria: the age of 60-75 years old, the average and unfavorable life style score according to questionnaire, lack of physical and mental disability: exclusion criteria: Physically and mentally disease during intervention. The absence of more than one session, taking lifestyle education from other sources according to people answers. Intervention group 1 (group education) elderly will be trained 8 educational sessions (2 sessions per week), (Each session 60 minutes). Intervention group 2 (family base education group) elderly and key person of family will be trained 8 educational sessions (2 sessions per week), (each session 60 minutes. Methods of training is lecture, questioning and summarize that will be done by researcher. Elderly in the control group will not receive any intervention. Content of education include: nutrition, physical activity mental health, personal hygiene and sexual relation, Sleep hygiene, prevention of accidents, oral health and limited smoking in old age. Elderly in three groups will complete the questionnaire life style before intervention and one, two and three months after the intervention.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2015070220401N4**

Registration date: **2015-09-05, 1394/06/14**

Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2015-09-05, 1394/06/14

Registrant information

Name

Nazafarin Hosseini

Name of organization / entity

Yasuj University of Medical Sciences

Country

Iran (Islamic Republic of)

Phone

+98 74 3323 5144

Email address

hosseini.nazafarin@yums.ac.ir

Recruitment status

Recruitment complete

Funding source

Vice chancellor for research, Yasouj university of medical sciences

Expected recruitment start date

2015-03-21, 1394/01/01

Expected recruitment end date

2015-04-21, 1394/02/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Comparison of the effect of group and family based education on elderly lifestyle

Public title

Comparison of the effect of group and family based education on elderly lifestyle of yasouj city.

Purpose

Supportive

Inclusion/Exclusion criteria

Inclusion criteria: the age of 60-75 years old: the average and unfavorable life style score according to questionnaire: lack of physical and mental disability.

Exclusion criteria: Physically and mentally disease during intervention: the absence of more than one session: taking the life style education from other sources according to people answers.

Age

From **19 years** old to **34 years** old

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **150**

Randomization (investigator's opinion)

Randomized

Randomization description

Blinding (investigator's opinion)

Not blinded

Blinding description

Placebo

Not used

Assignment

Parallel

Other design features

randomization in this study is blocking method.

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Ethics committee of yasouj University of Medical Sciences

Street address

Motahari Blvd, Yasouj University of Medical Sciences, Yasouj, iran.

City

yasouj

Postal code

7591741417

Approval date

2015-03-16, 1393/12/25

Ethics committee reference number

9301202502

Health conditions studied

1

Description of health condition studied

elderly

ICD-10 code

R54

ICD-10 code description

senility

Primary outcomes

1

Description

lifestyle

Timepoint

before intervention ,one,two and three month after intervention

Method of measurement

elderly lifestyle Questionnaire

Secondary outcomes

empty

Intervention groups

1

Description

control group: Elderly in the control group will not receive any intervention

Category

N/A

2

Description

Intervention2. Family base education: face-to-face necessary training will be presented to the elderly and key member of family by the researcher (community health nurse) and a nutritionist (in nutrition session) in 8 sessions, twice a week each session 60 minutes. Before a home visit, will be meeting with families to express the aims of the study and consent to participate in the study. Also will be specified the key person in the family, who is more important to take care of elderly. Educational session include: the first, second and third meeting: nutrition, fourth meeting: exercise and physical activity, fifth meeting: mental health, sixth meeting: personal hygiene and sexual relation, seventh meeting: Sleep hygiene and prevention of accidents, eighth meeting: oral health and limitation smoking in elderly. The new content will be taught by lecture, question and answer. Then elderly and key person will express the summery of session and also next meeting will be reminded. At the beginning of the next meeting will summarize previous expression by people. At the end of sessions, for better learning will be given educational pamphlet to Families

Category

Lifestyle

3

Description

Intervention 1. Group education: elderly will be divided in to 5 groups that each group contain 10 people. Group education program will be held in 8 session for twice a week each session 60 minutes at Home health and if it don't have any suitable place it will be held in village mosque face by face by researcher (community health nurse) and a nutritionist (a nutrition session). Educational session include: the first, second and third meeting: nutrition, fourth meeting: exercise and physical activity, fifth meeting: mental health, sixth meeting: personal hygiene and sexual relation, seventh meeting: Sleep hygiene and prevention of accidents, eighth meeting: oral health and limitation smoking in elderly. The new content will be taught by lecture, question and answer. Then elderly will express the summery of session and also next meeting will be reminded. At the beginning of the next meeting will summarize previous expression by elderly. At the end of sessions, for better learning will be given educational pamphlet to elderly.

Category

Lifestyle

Recruitment centers

1

Recruitment center

Name of recruitment center

Akbar Abad health center

Full name of responsible person

Maryam Sadat shaafi

Street address

Hrmznzhad Blvd, Akbar Abad health center, yasouj, iran.

City

yasouj

2

Recruitment center

Name of recruitment center

Tall Khosrow health center

Full name of responsible person

Maryam Sadat shaafi

Street address

Yasouj-SHiraz RD, Tall Khosrow health center, yasouj, iran.

City

yasouj

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Vice chancellor for research, yasouj University of

Medical Sciences

Full name of responsible person

Abd mohammad mossavi

Street address

Motahari Blvd, Yasouj University of Medical Sciences, yasouj, iran.

City

Yasouj

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, yasouj 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

Yasouj University of Medical Sciences

Full name of responsible person

Maryam Sadat shaafi

Position

master student in nursing

Other areas of specialty/work

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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