

Clinical Trial Protocol

Iranian Registry of Clinical Trials

18 Sep 2026

The effect of Life Review Therapy on the Quality of Life of the Elderly in Day Centers of Shiraz

Protocol summary

Summary

This study is a quasi- experimental and single- blind study. Goal of study: to determine the effect of life review on the Quality of Life of the elderly in day centers of Shiraz. Sampling method: 35 elderly will randomly be assigned into two groups: intervention & control groups with the blocking method. After obtaining informal consent, questionnaires will be completed by researcher before intervention. Inclusion criteria: Willingness to participate in the study and fluent in speaking and understanding Persian, age between 60-78 years. no cognitive or psychological abnormalities, Not participate in the same study. Exclusion criteria: Don't participate more than one sessions in life review sessions. no willingness to cooperate. Each group will be followed for 4 weeks. for intervention group, program will be done two days is a week for each time will last 2 hours. The subjects in the experimental group will attend 8 two-hour sessions of life review therapy. The quality of life of the elderly participants will be evaluated before, immediately, one, and three months after the intervention. control group will have only routine daily activities.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2015021621106N1**

Registration date: **2015-11-12, 1394/08/21**

Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2015-11-12, 1394/08/21

Registrant information

Name

Afsar Amirsadat

Name of organization / entity

Shiraz University of Medical Sciences

Country

Iran (Islamic Republic of)

Phone

+98 71 3647 4287

Email address

amirsadat_a@sums.ac.ir

Recruitment status

Recruitment complete

Funding source

Shiraz University of Medical Sciences

Expected recruitment start date

2014-03-21, 1393/01/01

Expected recruitment end date

2015-06-24, 1394/04/03

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effect of Life Review Therapy on the Quality of Life of the Elderly in Day Centers of Shiraz

Public title

The effect of Life Review Therapy on the Quality of Life of the Elderly

Purpose

Prevention

Inclusion/Exclusion criteria

Inclusion criteria: Willingness to participate in the study and fluent in speaking and understanding Persian; age between 60-78 years; no cognitive or psychological abnormalities; Not participate in the same study. Exclusion criteria: no willingness to cooperate: Don't

participate more than one sessions in Life review sessions.

Age

From **60 years** old to **78 years** old

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **35**

Randomization (investigator's opinion)

Randomized

Randomization description

Blinding (investigator's opinion)

Single blinded

Blinding description

Placebo

Not used

Assignment

Parallel

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Shiraz University of Medical Sciences

Street address

Shiraz, University Of Medical Sciences, Zand
Boulevard

City

Shiraz

Postal code

71345-1978

Approval date

2013-07-16, 1392/04/25

Ethics committee reference number

92-6616

Health conditions studied

1

Description of health condition studied

quality of life

ICD-10 code

Z76.9

ICD-10 code description

Person encountering health services in unspecified
circumstances

Primary outcomes

1

Description

Quality of Life

Timepoint

Before, After, 1 month & 3 month later

Method of measurement

Questionnaires

Secondary outcomes

empty

Intervention groups

1

Description

Intervention in the experimental group: The subjects in the experimental group attended 8 two-hour sessions of life review therapy. The quality of life of the elderly participants was evaluated before, immediately, one, and three months after the intervention

Category

Prevention

2

Description

Group control only have normal daily activities.

Category

Other

Recruitment centers

1

Recruitment center

Name of recruitment center

Jahandidegan Adult Day Center

Full name of responsible person

Iran Jahanbin

Street address

School of Nursing and Midwifery Hazrat Fatemeh,
Namazi Square, Shiraz, Iran. Shiraz

City

Shiraz

2

Recruitment center

Name of recruitment center

Soroush Adult Day center

Full name of responsible person

Iran Jahanbin

Street address

School of Nursing and Midwifery Hazrat Fatemeh,
Namazi Square, Shiraz, Iran. Shiraz

City

Shiraz

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Shiraz University of Medical Sciences

Full name of responsible person

Doctor Farkhonde Sharif

Street address

School Of Nursing and Midwifery, Hazrat Fatemeh,
Namazi Square, Shiraz, Iran

City

Shiraz

Grant name

Grant code / Reference number

Is the source of funding the same sponsor organization/entity?

Yes

Title of funding source

Shiraz 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

Shiraz University of Medical Sciences

Full name of responsible person

Afsar Amirsadat

Position

Geriatric Nursing Graduate Student

Other areas of specialty/work

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Person responsible for scientific inquiries

Contact

Name of organization / entity

Shiraz University of Medical Sciences

Full name of responsible person

Farkhonde Sharif

Position

Professor

Other areas of specialty/work

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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