

Clinical Trial Protocol

Iranian Registry of Clinical Trials

31 May 2026

the effect of laughter by Katarya method on depression of elderly residing at nursing homes for the elderly and disabled in Rasht city

Protocol summary

Summary

This study is a clinical trial aimed to determine the effect of laughter by Katarya method on depression of elderly residing at nursing homes for the elderly and disabled in Rasht city. Sample consisted of 94 elderly patients with mild and moderate depression selected by random sampling method from elderly residing at nursing home. The samples were divided into two groups of experiment (47 patients undergoing laughter therapy program) and control (47 patients with routine care). Inclusion criteria: age 60 years and older, living full-time at nursing home, no history of admittance to psychiatric wards, lack of grief experience during the past six months, residing at nursing home for at least six months, no serious health condition, no surgery in past three month, no history of heart disease, chest pain or open heart surgery, no simultaneous participation in clinical trial, earning depression scale score between 5 and 11, physical ability to participate in the study, interested in participating in the study and signing a consent form. Exclusion criteria: lack of personal interest to participate in any stage of study. Data will be gathered using a 2-part tool consisting of demographic information and geriatric depression questionnaire by interview method. Data will be gathered in two stages of pre intervention and one month after the laughter therapy program. Laughter therapy program by Katarya method will be conducted for 30 minutes twice a week for 5 weeks.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2015091424003N2**

Registration date: **2015-10-30, 1394/08/08**

Registration timing: **registered_while_recruiting**

Last update:

Update count: **0**

Registration date

2015-10-30, 1394/08/08

Registrant information

Name

Shahla Asiri

Name of organization / entity

Gilan University of Medical Sciences

Country

Iran (Islamic Republic of)

Phone

+98 133555056

Email address

shahlaasiri@gums.ac.ir

Recruitment status

Recruitment complete

Funding source

Gilan University of Medical Sciences

Expected recruitment start date

2015-10-23, 1394/08/01

Expected recruitment end date

2016-01-05, 1394/10/15

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

the effect of laughter by Katarya method on depression of elderly residing at nursing homes for the elderly and disabled in Rasht city

Public title

The effect of laughter on the depressed elderly

Purpose

Health service research

Inclusion/Exclusion criteria

Inclusion criteria: age 60 years and older, living full-time at nursing home, no history of admittance to psychiatric wards, lack of grief experience during the past six months, residing at nursing home for at least six months, no serious health condition, no surgery in past three months, no history of heart disease, chest pain or open heart surgery, no simultaneous participation in clinical trial, earning depression scale score between 5 and 11, physical ability to participate in the study, interested in participating in the study and signing a consent form. Exclusion criteria: lack of personal interest to participate in any stage of study.

Age

From **60 years** old to **139 years** old

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **94**

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

Gilan University of Medical Sciences

Street address

Daneshjoo st., Shahid Beheshti ring way, Rasht

City

Rasht

Postal code

4146939814

Approval date

2015-08-24, 1394/06/02

Ethics committee reference number

IR.GUMS.REC.1394.206

Health conditions studied

1

Description of health condition studied

DEPRESSION

ICD-10 code

F32.0

ICD-10 code description

Mild depressive episode

Primary outcomes

1

Description

DEPRESSION

Timepoint

Before the intervention and one month after the end of intervention

Method of measurement

Questionnaire Geriatric Depression Scale

Secondary outcomes

empty

Intervention groups

1

Description

without any intervention on the control group

Category

Other

2

Description

Laughter therapy program by Katarya method will be conducted for 30 minutes twice a week for 5 weeks. Training program includes performing breathing and physical exercises as well as laughter techniques.

Category

Behavior

Recruitment centers

1

Recruitment center

Name of recruitment center

Homes for the Elderly and Disabled in Rasht

Full name of responsible person

Shahla Asiri

Street address

Esteghamat 2 St., Malolin St., Shivan Fomani Blvd

City

Rasht

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Social Determinants Of Health Research Center,

Guilan University Of Medical Science,Rasht,Iran.

Full name of responsible person

Abtin Heidar zadeh

Street address

Social Determinants Of Health Research Center,
Shahid Beheshti Nursing & Midwifery College,
Daneshjoo Street, Shahid Beheshti Bolv.

City

Rasht

Grant name

Grant code / Reference number

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

Yes

Title of funding source

Social Determinants Of Health Research Center, Guilan
University Of Medical Science,Rasht,Iran.

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

Social Determinants Of Health Research Center, Gilan
University Of Medical Science, Rasht, Iran.

Full name of responsible person

Shahla Asiri

Position

Faculty member

Other areas of specialty/work

Street address

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Person responsible for scientific inquiries

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Person responsible for updating data

Contact

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University Of Medical Science, Rasht, Iran

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Shahla Asiri

Position

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Other areas of specialty/work

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City

Rasht

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