

Clinical Trial Protocol

Iranian Registry of Clinical Trials

18 Sep 2026

The Effect of Brain Teasers on Mental Health and Happiness in Elder Refer to Yazd Nursing Homes

Protocol summary

Summary

The aim of this study was to determine the impact of games on Mental Health and Happiness elderly referring to nursing home city of Yazd. With age, the elderly, loss and increased physical abilities and mental diseases and psychological problems. Research shows that entertainment and hobbies such as gardening, fishing and games for the elderly is reminiscent of childhood, for some of them the cause of peace. In this quasi-experimental study, the first of daily nursing homes of the city of Yazd, accidentally, two centers and two centers as the test group and the control group aged over 60 years with the necessary physical ability, 30 elderly control group. and 30 elderly will be selected in random tests. The Oxford Happiness Questionnaire for mental health and will be completed by the researcher. The samples are given a booklet to time and the number of games played record. The control group during the study program will continue normally Center. Immediately after the intervention and again one month after the intervention, mental health and happiness of the elderly is evaluated by the questionnaires.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2016042427559N1**

Registration date: **2016-07-12, 1395/04/22**

Registration timing: **registered_while_recruiting**

Last update:

Update count: **0**

Registration date

2016-07-12, 1395/04/22

Registrant information

Name

Mohammad Bagher Khani

Name of organization / entity

Shahid Sadoughi University of Medical Sciences Yazd,
School of Nursing & Midwifery

Country

Iran (Islamic Republic of)

Phone

+98 35 3824 1751

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ba_khan@ssu.ac.ir

Recruitment status

Recruitment complete

Funding source

Shahid Sadoughi University of Medical Sciences, Yazd

Expected recruitment start date

2016-05-23, 1395/03/03

Expected recruitment end date

2016-07-24, 1395/05/03

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The Effect of Brain Teasers on Mental Health and
Happiness in Elder Refer to Yazd Nursing Homes

Public title

The Effect of Brain Teasers on Mental Health and
Happiness in Elders

Purpose

Health service research

Inclusion/Exclusion criteria

Inclusion criteria: willingness to cooperate; the minimum age of 60 years; the ability to participate in game; history of referring to nursing homes for at least three months Exclusion criteria: severe depression; use of psychotropic drugs; apraxia; dementia; vision

disturbance and any physical problems prevent gaming

Age

From **60 years** old to **90 years** old

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **60**

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

Shahid Sadoughi University of Medical sciences, Yazd

Street address

Central Organization of Shahid Sadoughi University of Medical sciences, Yazd , Shahid Bamonar Sq, Yazd

City

Yazd

Postal code

8916978477

Approval date

2016-04-30, 1395/02/11

Ethics committee reference number

IR.SSU.REC.1395.14

Health conditions studied

1

Description of health condition studied

Mental Health and Happiness

ICD-10 code

Z00.4

ICD-10 code description

General psychiatric examination, not elsewhere classified

Primary outcomes

1

Description

Mental Health

Timepoint

Before intervention;1 Month After Starting the intervention; 1 Month later

Method of measurement

GHQ28 Questionnaire

2

Description

Happiness

Timepoint

Before intervention;1 Month After Starting the intervention;1 Month later

Method of measurement

Oxford Happiness Inventory

Secondary outcomes

1

Description

The satisfaction of the game

Timepoint

One Months after Intervention

Method of measurement

Questionnaire

Intervention groups

1

Description

Intervention group: face-to-face training games for a one-hour sessions are goblet. Then for a period of four weeks and each week for an hour at nursing homes under the supervision of the investigator and for couples to play it. Duration of games played and the number of classes will be recorded by observers. Before the intervention, immediately after the intervention and again one month after the intervention, mental health and happiness examined the intervention group.

Category

Other

2

Description

Control group: No action. The study did not cause any interference to the control group. Mental health and happiness of the control group at baseline, one month and two months after the start of the study examined.

Category

Other

Recruitment centers

1

Recruitment center

Name of recruitment center

Poor and Chytza Comprehensive Geriatric Rehabilitation Center

Full name of responsible person

Mohammad Bagher Khani

Street address

Yazd School of Nursing & Midwifery, Bu Ali St., Timsar Falahi Ave., Safaeyeh, Yazd, Iran

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Recruitment center

Name of recruitment center

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Full name of responsible person

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Recruitment center

Name of recruitment center

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Full name of responsible person

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Recruitment center

Name of recruitment center

Torange Comprehensive Geriatric Rehabilitation Center

Full name of responsible person

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City

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Shahid Sadoughi University of Medical sciences, Yazd

Full name of responsible person

Dr. Javadi Mostafa

Street address

Yazd School of Nursing & Midwifery, Bu Ali St., Timsar Falahi Ave., Safaeyeh, Yazd, Iran

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Yazd

Grant name

Grant code / Reference number

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

Yes

Title of funding source

Shahid Sadoughi University of Medical sciences, Yazd

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

Shahid Sadoughi University of Medical Sciences Yazd, School of Nursing & Midwifery

Full name of responsible person

Mohammad Bagher Khani

Position

Elderly Nursing Master Science Student

Other areas of specialty/work

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Person responsible for scientific inquiries

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Full name of responsible person

Mohammad Bagher Khani

Position

Elderly Nursing Master Science Student

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

Yazd School of Nursing & Midwifery, Bu Ali St., Timsar

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