Clinical Trial Protocol
Iranian Registry of Clinical Trials

17 Sep 2026

Effect of Mindfulness based on Acceptance and Commitment on Quality of Life and Death Depression and Internalized Shame in the elderly at Behshahr city.

Protocol summary

Summary

The purpose of the study was to determine the effect of mindfulness based on acceptance and commitment on the life quality, death depression and the internalized shame in the elderly at Behshahr, Mazandaran, Iran. The research design was quasi-experimental with experimental and control groups by pre-test and post-test. 3o elderly with inclusion and exclusion criteria were randomly divided into two groups and the experimental group received the mindfulness intervention and control group hadn't received intervention. Research tools include: Templar's depression scale, life quality of World Health Organization, and internal shame of cook; that were done before and after intervention (for the control group and experimental group at the same time). Criteria for entering the research are being female, the minimum age 65 years and maximum 75 years, the minimum education is graduation of middle school and residence of nursing homes (the behzisti Complex at Behshahr); and exclusion criteria include: mental illness or special physical disorder, educational disorder, educational experience similar to intervention, such as meditation and relaxation before or during the study. Intervention of the commitment and acceptance-based mindfulness according to Flaxman instruction in 8 sessions of 60 minutes was taught to the experimental group. The main outcome variables are quality of life, death depression and internal shame.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2016042527584N1**
Registration date: **2016-07-08, 1395/04/18**
Registration timing: **retrospective**
Last update:
Update count: **0**

Registration date

2016-07-08, 1395/04/18

Registrant information

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Name of organization / entity
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Recruitment status

Recruitment complete

Funding source

Islamic Azad university

Expected recruitment start date

2005-10-23, 1384/08/01

Expected recruitment end date

2006-02-28, 1384/12/09

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Effect of Mindfulness based on Acceptance and Commitment on Quality of Life and Death Depression and Internalized Shame in the elderly at Behshahr city.

Public title

Effect of Mindfulness based on Acceptance and

Commitment on mental health of the Elderly

Purpose

Prevention

Inclusion/Exclusion criteria

Criteria for entering the research are: being female; the minimum age 65 years and maximum 75 years; the minimum education is graduation of middle school and residence of nursing homes (the behzisti Complex at Behshahr); and exclusion criteria: mental illness or special physical disorder, educational disorder, educational experience similar to intervention, such as meditation and relaxation before or during the study.

Age

From **65 years** old to **75 years** old

Gender

Female

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **30**

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

Islamic Azad University, Sari branch

Street address

Islamic Azad University, Sari branch

City

Sari

Postal code

Approval date

2015-09-23, 1394/07/01

Ethics committee reference number

171394

Health conditions studied

1

Description of health condition studied

Depression

ICD-10 code

F32.9

ICD-10 code description

Depressive episode, unspecified

Primary outcomes

1

Description

Death Depression and Internalized Shame

Timepoint

4 months after intervention

Method of measurement

Thempler depression test, WHO quality of life questionaire, Kock internalized shame test.

Secondary outcomes

1

Description

Quality of Life

Timepoint

4 months after intervention

Method of measurement

WHO quality of life questionaire

Intervention groups

1

Description

The pre-test, first, done by questionnaire on death depression, life quality and internal shame of the elderly. The control group didn’t receive any training and are placed in a waiting list after the pre-test. For the experiment group, the acceptance-based mindfulness protocol was executed. The execution was held in 8 sessions, per week 2 sessions and each session for 60 minutes in group and on the basis of Flaxman instruction. The population of the study are all the eldery women in the behzisti Complex at the city of Behshahr, Mazandaran, Iran. Acceptance-based mindfulness is one of the interventions of the third wave in psychotherapy. Concepts of thought, feeling and behavior, and then about fundamental principles of intervention purposes and importance of assignments and exercises were explained at the first meeting of the members with each other and with the therapist. Experiencing avoidance and exercising disappointment and fundamental belief of the old people about changing were explained at the second meeting. The acceptance and practices and examples of it were presented at the third meeting.the fourth to sixth meetings were held on backing to the present time and mindful attention and assuming his own contextual understanding, and measuring the values and committed action and its exercises and examples.the seventh and eighth meetings were just reviewing the content of previous sessions, group discussions on problems which managers had at the pre-sessions; and the feedback and

the effectiveness were discussed.

Category

Treatment - Other

2

Description

No intervention was done for the control group, and they lived in the center as before.

Category

N/A

Recruitment centers

1

Recruitment center

Name of recruitment center

nursing homes (the behzisti Complex at Behshahr)

Full name of responsible person

Street address

sepah street

City

Behshahr

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Islamic Azad University, Sari branch

Full name of responsible person

Mohamad Farsi

Street address

Islamic Azad University, Sari branch

City

Sari

Grant name

Grant code / Reference number

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

Yes

Title of funding source

Islamic Azad University, Sari branch

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

Behshahr Payame Noor University

Full name of responsible person

Hasan Abdollahzadeh

Position

Faculty member

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