Clinical Trial Protocol
Iranian Registry of Clinical Trials

16 Sep 2026

Assessing the effect of problem oriented coping strategies education on quality of life and perceived stress of family care givers of elderly with Alzheimer

Protocol summary

Summary

This study is a randomized clinical trial .the aim of this study was to determin the effect of problem oriented coping strategies education on quality of life and perceived stress of family care givers of elderly with Alzheimer in city of kerman. Research community consist of family care givers of elderly with Alzheimer that refer to the public hospital. .sample size According to previous studies and statistical formulas were 36 person in each group. Participants were randomly assigned to an control group and intervention group. Before intervention , Demographic questionnaire , Quality of Life Questionnaire sf 36 and Cohen Perceived Stress Questionnaire Were completed by caregivers. In intervention group: Eight 45-minute sessions one day a week teaching problem solving and In control group :Two sessions of training in relation to Alzheimer's disease were conducted . Two weeks after intervention, information about the quality of life and perceived stress were re-collect and analyze

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2016050327736N1**
Registration date: **2016-08-10, 1395/05/20**
Registration timing: **retrospective**

Last update:
Update count: **0**

Registration date

2016-08-10, 1395/05/20

Registrant information

Name
shahin heidari
Name of organization / entity
Country
Iran (Islamic Republic of)
Phone
+98 34 3428 5351
Email address
sh.heidari@rums.ac.ir

Recruitment status

Recruitment complete

Funding source
Rafsanjan University of Medical Sciences

Expected recruitment start date

2016-03-20, 1395/01/01

Expected recruitment end date

2016-06-21, 1395/04/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Assessing the effect of problem oriented coping strategies education on quality of life and perceived stress of family care givers of elderly with Alzheimer

Public title

Impact on quality of life and perceived stress problem solving skills

Purpose

Prevention

Inclusion/Exclusion criteria

Inclusion criteria: Being a member of the family؛ taking care of patients at home ؛have at least read and writing؛ patient care for a year or more؛ without having cognitive disease and No previous training in the ways of coping exclusion criteria: Alzheimer's patient dies؛ non-

cooperation and careful happening severe stressful event such as a divorce or the death of loved ones ... in the last three months

Age
No age limit

Gender
Both

Phase
N/A

Groups that have been masked
No information

Sample size
Target sample size: **72**

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
Rafsanjan University of Medical Sciences

Street address
Imam Ali Blvd, Rafsanjan

City
Rafsanjan

Postal code

Approval date
2010-09-23, 1389/07/01

Ethics committee reference number
175

Health conditions studied

1

Description of health condition studied
Alzheimer

ICD-10 code
G30

ICD-10 code description
Alzheimer disease

Primary outcomes

1

Description
quality of life

Timepoint
two week

Method of measurement
Questionnaire

2

Description
perceived stress

Timepoint
two week

Method of measurement
Questionnaire

Secondary outcomes

empty

Intervention groups

1

Description
In intervention group: Eight 45-minute sessions one day a week teaching problem solving disease

Category
Lifestyle

2

Description
In control group :Two45-minute sessions of training in relation to Alzheimer's

Category
Lifestyle

Recruitment centers

1

Recruitment center

Name of recruitment center
Afzalipour hospital

Full name of responsible person
Maryam Heydari Nejad

Street address
Afzalipour hospital, Highway Imam Khomeini, Kerman

City
Kerman

Sponsors / Funding sources

1

Sponsor

Name of organization / entity
Rafsanjan University of Medical Sciences

Full name of responsible person

Tayebe Mirzaei

Street address

Imam Ali Blvd, Rafsanjan

City

Rafsanjan

Grant name

Grant code / Reference number

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

Yes

Title of funding source

Rafsanjan 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

Rafsanjan University of Medical Sciences

Full name of responsible person

Maryam Heydari Nejad

Position

Nursing Graduate Student

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