

Clinical Trial Protocol

Iranian Registry of Clinical Trials

07 Jul 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
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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
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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