

Clinical Trial Protocol

Iranian Registry of Clinical Trials

02 Jul 2026

Effect of education based on social cognitive theory on mental health among elderly people living in nursing homes.

Protocol summary

Summary

Iranian society is facing with the phenomenon of aging and attention to mental health in well-being of this vulnerable group is important. Thus aim of this study was to determine the effect of education based on social cognitive theory on mental health among elderly people living in nursing homes. This study is a experimental research that will conduct the first on 203 (by Census) and the intervention-stage on 90 (by randomly selected) elderly people living in nursing homes. Educational intervention will do based on Social Cognitive Theory. Data will be collect by demographic information questionnaire and general health questionnaire and a questionnaire consistent with the structures of Social Cognitive theory, that complete by both groups in before and after intervention (12 weeks later).

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2016101328529N3**

Registration date: **2016-10-30, 1395/08/09**

Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2016-10-30, 1395/08/09

Registrant information

Name

Hadi Tehrani

Name of organization / entity

Country

Iran (Islamic Republic of)

Phone

+98 51 3853 8530

Email address

tehranilh@mums.ac.ir

Recruitment status

Recruitment complete

Funding source

Mashhad University of Medical Sciences

Expected recruitment start date

2015-11-20, 1394/08/29

Expected recruitment end date

2016-08-15, 1395/05/25

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Effect of education based on social cognitive theory on mental health among elderly people living in nursing homes.

Public title

Effect of education based on social cognitive theory on mental health among elderly people living in nursing homes.

Purpose

Supportive

Inclusion/Exclusion criteria

Inclusion criteria: 1- who agreed to participate; 2- Minimum age =60 years; 3- Do not have a cognitive disorder; 4- Minimum stay in nursing homes=3 months
Exclusion criteria: They do not want to cooperate; absence of more than 1 in training sessions; For any reason during the study lost his mind and not be able to continue their cooperation; death

Age

No age limit

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: 90

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

Mashhad University of Medical Sciences

Street address

Administration Center(Qoreishi Building), Daneshgah St, Mashhad , Iran

City

Mashhad

Postal code

Approval date

2016-07-31, 1395/05/10

Ethics committee reference number

IR.MUMS.REC.1395.192

Health conditions studied

1

Description of health condition studied

Mental Health Disorder

ICD-10 code

F00-F09

ICD-10 code description

Organic, including symptomatic, mental disorders

Primary outcomes

1

Description

Mental health

Timepoint

Before intervention and 3 months after the intervention

Method of measurement

General health questionnaire

Secondary outcomes

1

Description

Construct of social cognitive theory

Timepoint

Before intervention and 3 months after the intervention

Method of measurement

questionnaire

Intervention groups

1

Description

The intervention group received educational content based on effective structures of social cognitive theory. Educational content based on predetermined objectives presented in 4 sessions(90 minutes)

Category

Behavior

2

Description

control group: No intervention was done for control group.

Category

Other

Recruitment centers

1

Recruitment center

Name of recruitment center

Nursing Homes

Full name of responsible person

Street address

City

Mashhad

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Mashhad University of Medical Sciences

Full name of responsible person

Dr Mohsen Tafaghodi

Street address

Mashhad ,Daneshgah St,Qoreishi Building-

City

Mashhad

Grant name

Grant code / Reference number

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

Yes

Title of funding source

Mashhad 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**

Mashhad University of Medical Sciences

Full name of responsible person

Dr.Hadi Tehrani

Position

Assistance Professor of Health Education and Health Promotion

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

School of Public Health

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Web page address**Person responsible for scientific inquiries****Contact****Name of organization / entity**

Mashhad University of Medical Sciences, Mashhad, Iran

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Position

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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