

Clinical Trial Protocol

Iranian Registry of Clinical Trials

28 May 2026

Effect of art based on the life review in depressive symptoms in elderly.

Protocol summary

Summary

Objectives: the aim of this study is to evaluate the effect of art based on the life review in depressive symptoms in elderly. Design: this non-blinding randomized controlled trial is done in elderly day care center in Ghaemshahr. Study population: elderly at Kheradvarzan day care center in Ghaemshahr. Inclusion criteria: age 60 years and older; satisfaction to participate; AMT test score of 7 or higher; lack of physical disability; do not use antidepressants or if used at least three months used of antidepressant; having a test scores 11 or less in GDS; do not Participate in aerobics classes or relaxation or is going to participate in it in the next 10 weeks. Exclusion criteria: dissatisfaction to continue to collaborate with the researcher; any experience social and family crisis during the study; having suicidal intent; not participate in intervention sessions more than three times. The sample size is at least 28 persons that divided into intervention and control groups. Data gathering tools: demographic questionnaire, Abbreviated Mental Test (AMT), Geriatric Depression Scale (GDS). Intervention: in this study consists of painting based on the life review. The intervention was conducted for a total of 6 times for 6 weeks through a once a week 60-minute session. The persons of control group will receive the usual care.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2016071028861N1**
Registration date: **2016-10-22, 1395/08/01**
Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2016-10-22, 1395/08/01

Registrant information

Name

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Name of organization / entity

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Recruitment status

Recruitment complete

Funding source

Vice chancellor for research, Mazandaran University of Medical Sciences

Expected recruitment start date

2016-06-25, 1395/04/05

Expected recruitment end date

2016-10-21, 1395/07/30

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Effect of art based on the life review in depressive symptoms in elderly.

Public title

The effect of painting on depression in elderly

Purpose

Supportive

Inclusion/Exclusion criteria

Inclusion criteria: age 60 years and older; satisfaction to participate; AMT test score of 7 or higher; lack of physical disability; do not use antidepressants or if used at least three months used of antidepressant; having a test scores 11 or less in GDS; do not Participate in aerobics classes or relaxation or is going to participate in it in the

next 10 weeks. Exclusion criteria: dissatisfaction to continue to collaborate with the researcher; any experience social and family crisis during the study; having suicidal intent; not participate in intervention sessions more than three times.

Age

From **60 years** old

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **28**

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

Ethics Committee of Mazandaran University of Medical Sciences

Street address

Mazandaran University of Medical Sciences (Vice chancellor for research), Moallem Square.

City

sari

Postal code

Approval date

2016-06-14, 1395/03/25

Ethics committee reference number

IR.MAZUMS.REC.95.2231

Health conditions studied

1

Description of health condition studied

depression

ICD-10 code

F32

ICD-10 code description

In typical mild, moderate, or severe depressive episodes, the patient suffers from lowering of mood, reduction of

energy, and decrease in activity. Capacity for enjoyment, interest, and concentration is reduced, and marked tiredness after even minimum eff

Primary outcomes

1

Description

Depression

Timepoint

Before intervention, one week and one month after the last session.

Method of measurement

GDS questionnaire

Secondary outcomes

empty

Intervention groups

1

Description

Elderly intervention group, paint the based on a life review in six sessions. The intervention was conducted for a total of 6 times for 6 weeks through a once a week 60 minute session. The equipment includes a white paper A4, pencil sharpener, oil pastel, color pencil, eraser, pencil drawing, and drawing board. The proceedings of each session: First session; members learn more about each other and seniors are asked to draw a painting with a free issue. Second session: asked the elderly to draw themselves in childhood and young. Third session: asked the elderly to draw themselves in older adults. Fourth session: draw something they like change. Fifth Session: asked the elderly to draw a pleasant and honor memory. Sixth Session: The participants expressed their opinion about the series of them paintings and discuss. This session will be held by a clinical psychologist. He completed perceptions of participants and help the elderly in the successful conclusion of their experiences. The researcher is as a leader in each session, propose selected topics to draw the painting. 15 minutes of the end of each session allocate to present paintings drawn to other members. Intervention will be gone through the end of the daily program institution.

Category

Behavior

2

Description

The elderly of control group will receive usual care.

Category

Other

Recruitment centers

1

Recruitment center

Name of recruitment center

Kheradvarzan Day Care Center in Ghaemshahr

Full name of responsible person

Farzaneh Mokhtary

Street address

Kheradvarzan Day Care Center, End of Tork Mahaleh,
Ghaemshahr, Mazandaran

City

Ghaemshahr

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Vice chancellor for research, Mazandaran University
of Medical Sciences

Full name of responsible person

Ahmad Ali Enayati

Street address

Mazandaran University of Medical Sciences (Vice
chancellor for research), Moallem Square.

City

Sari

Grant name**Grant code / Reference number****Is the source of funding the same sponsor
organization/entity?**

Yes

Title of funding source

Vice chancellor for research, Mazandaran 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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Position

Master Student in Geriatric nursing

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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