Clinical Trial Protocol
Iranian Registry of Clinical Trials

08 Nov 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

Ehteram Sadat Ilali

Name of organization / entity

Mazandaran University of Medical Sciences

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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
Mazandaran University of Medical Sciences

Full name of responsible person
Farzaneh Mokhtary

Position
Master Student in Geriatric nursing

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