Clinical Trial Protocol
Iranian Registry of Clinical Trials

18 Sep 2026

The effect of resilience training on the mental health of family caregiver of elderly with alzheimer

Protocol summary

Summary

Aim: The effect of resilience training on mental health of family caregiver of elderly with Alzheimer. The study population: family caregivers of elderly with Alzheimer who live in the Ghaemshahr city. Study design: randomized clinical trial. Sample size: totally 50 patients (25 patients in each group) were participated. The individuals were selected based on the inclusion and exclusion criteria and randomly assigned into two intervention and control groups. Mental health questionnaire was filled out for patients by researcher in both groups, before and after intervention. In this study, resilience training was delivered to the participants through 45-minute educational sessions and pamphlet. These sessions were held once a week for 8 weeks in Razi hospital. The control group received no intervention. After the training program (40 to 45 days later) mental health questionnaire was filled out again for participants in both groups.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2016080829251N1**
Registration date: **2017-02-11, 1395/11/23**
Registration timing: **retrospective**

Last update:
Update count: **0**

Registration date

2017-02-11, 1395/11/23

Registrant information

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Recruitment status

Recruitment complete

Funding source

Vice chancellor for research, Babol University of Medical Sciences

Expected recruitment start date

2016-02-09, 1394/11/20

Expected recruitment end date

2016-08-10, 1395/05/20

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effect of resilience training on the mental health of family caregiver of elderly with alzheimer

Public title

The effect of resilience training on mental health

Purpose

Supportive

Inclusion/Exclusion criteria

Inclusion criteria:Resilience score is less than 50, but The other does not take care to elderly with Alzheimer's، Carers aged at least 30 and a maximum of 55 years، Full care in three areas of financial, emotional and physical done Having the ability to answer the questions.
Exclusion criteria: unwillingness to cooperate and Not participating in In two sessions of training sessions.

Age

From **30 years** old to **55 years** old

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **50**

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 Babol University of Medical Sciences

Street address

Ganjafrooz street، Babol

City

Babol

Postal code

Approval date

2016-06-05, 1395/03/16

Ethics committee reference number

IR.MUBABOL.REC.1395.48

Health conditions studied

1

Description of health condition studied

Alzheimer

ICD-10 code

G30

ICD-10 code description

Alzheimer disease

Primary outcomes

1

Description

Resilience

Timepoint

Before and 40 days after intervention

Method of measurement

Resilience questionnaire

Secondary outcomes

1

Description

Mental health

Timepoint

Before and 40 days after intervention

Method of measurement

Mental health questionnaire

Intervention groups

1

Description

Intervention group: Resilience training was delivered to the participants through educational sessions and pamphlet. These sessions were held once a week for 8 weeks.

Category

Behavior

2

Description

Control group: individuals in this group didn't receive any intervention.

Category

Treatment - Drugs

Recruitment centers

1

Recruitment center

Name of recruitment center

Razi hospital and doctors neurologists' offices in Ghaemshahr

Full name of responsible person

Mehdi Rostami

Street address

Bahonar Alley, Juibar street Ghaemshahr

City

Sari

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Vice Chancellor for research of Babol University of Medical Sciences

Full name of responsible person

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Ganjafrooz Street، Babol
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Grant name
Grant code / Reference number
9542031
Is the source of funding the same sponsor organization/entity?
Yes
Title of funding source
Vice Chancellor for research of Babol 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

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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