Clinical Trial Protocol
Iranian Registry of Clinical Trials

07 Nov 2026

The effect of health promoting lifestyle training on elderly’s happiness.

Protocol summary

Summary

Purpose of the study is to determine impact of health promoting lifestyle on happiness among older adults. Inclusion criteria: age 60 or over; being interested in and consent to participate in research; being able to read and write; obtaining the defined score of questionnaires; independence from any special diet ; no history of acute events caused physical and psychological problems (accident, death of a family member, etc) during the past month. Exclusion criteria: Canceling the cooperation; failure to complete more than 50 percent of the questionnaires; failure to attend in more than one session of training sessions. The sample includes 70 persons selected by sampling the population of all older adults, age 60 and over, who are covered by retirement fund of social Security centers, education center and health care centers in Ramsar. They are divided into two groups of test and control, randomly and by considering matched group. For test group, Intervention is done by holding 8 sessions of 60-45 minutes face to face health promoting behaviors' training; two sessions per week, for 4 weeks, by method of lecturing, group discussion, PowerPoint presentations, and by providing manuals, pamphlets and CDs. After the meetings, follow-ups and consultations will continue by telephone for 1 month in order to remind and control activities. 3 months after the training sessions, the questionnaires will be completed by both groups in the presence of researcher. The expected impact is to obtain higher score from happiness questionnaire.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2017031533087N1**
Registration date: **2017-04-15, 1396/01/26**
Registration timing: **retrospective**

Last update:
Update count: **0**

Registration date

2017-04-15, 1396/01/26

Registrant information

Name
Razieh Torabi Chafjiri
Name of organization / entity
Babol University Of Medical Sciences
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Iran (Islamic Republic of)
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Recruitment status

Recruitment complete

Funding source

Babol University Of Medical Sciences

Expected recruitment start date

2016-12-20, 1395/09/30

Expected recruitment end date

2017-02-18, 1395/11/30

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effect of health promoting lifestyle training on elderly’s happiness.

Public title

The effect of education on happiness

Purpose

Other

Inclusion/Exclusion criteria

Inclusion criteria: age 60 or over; being interested in and consent to participate in research (Informed consent);

being able to read and write; obtaining score 8 and higher on abbreviated mental test; obtaining less than the average score on happiness questionnaire; obtaining independent score of daily activities questionnaire; absence of known acute and chronic disease; independence from any special diet; no history of acute events caused physical and psychological problems (accident, death of a family member, etc) during the past month. Exclusion criteria: Canceling the cooperation; failure to complete more than 50 percent of health promoting lifestyle questionnaire and happiness questionnaire; failure to attend in more than one session of training sessions for health promotion behaviors.

Age
From **60 years** old

Gender
Both

Phase
N/A

Groups that have been masked
No information

Sample size
Target sample size: **70**

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
University of Medical Sciences

Street address
Department of Health Research and Technology Institute, Babol University of Medical Sciences, Gangafrooz Street

City
Babol

Postal code

Approval date
2017-02-11, 1395/11/23

Ethics committee reference number
MUBABOL.HRI.REC.1395.87

Health conditions studied

1

Description of health condition studied
Healthy Aging

ICD-10 code

ICD-10 code description

Primary outcomes

1

Description
Happiness

Timepoint
Before the intervention, 3 months after intervention

Method of measurement
Oxford Happiness Questionnaire

Secondary outcomes

1

Description
Promoting lifestyle behaviors

Timepoint
Before the intervention, 3 months after intervention

Method of measurement
Promoting lifestyle behaviors

Intervention groups

1

Description
For Intervention group, Intervention is done by holding 8 sessions of 60-45 minutes face to face health promoting behaviors' training; two sessions per week, for 4 weeks, by method of lecturing, group discussion, PowerPoint presentations, and by providing manuals, pamphlets and CDs. After the meetings, follow-ups and consultations will continue by telephone for 1 month in order to remind and control activities. 3 months after the training sessions, the questionnaires will be completed by both groups in the presence of researcher.

Category
Lifestyle

2

Description
The control group will not receive any intervention.

Category
N/A

Recruitment centers

1

Recruitment center

Name of recruitment center
Institute for Social Security retirement

Full name of responsible person

Alimohammad Khatami

Street address

Imam Khomeini Square

City

Ramsar

2

Recruitment center

Name of recruitment center

Retirement Center, Ministry of Education

Full name of responsible person

Ali Naqi Pahlavan Yali

Street address

Rajaei St, Ramsar, Mazandaran

City

Ramsar

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Research Department Babol University of Medical Sciences

Full name of responsible person

Reza Ghadimi

Street address

Babol University of Medical Sciences, Gangafrooz St

City

Babol

Grant name

Grant code / Reference number

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

Yes

Title of funding source

Research Department 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

Contact

Name of organization / entity

School of Nursing and Midwifery Fatima Ramsar, Babol University of Medical Sciences

Full name of responsible person

Razieh Torabi chafjiri

Position

Geriatric Nursing Student

Other areas of specialty/work

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Person responsible for scientific inquiries

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Person responsible for updating data

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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