

Clinical Trial Protocol

Iranian Registry of Clinical Trials

15 Jul 2026

The effect of peer education on anxiety, stress and depression in elderly people of sanatoriums of Qom city

Protocol summary

Summary

One of the approaches to control anxiety and stress in the elderly is education and the provision of adequate information about the disease, control and follow-up the care. This training can be informed and involved one behalf of people with the disease, as is the peer group. This educational approach, according to members of the same features, is a simple and secure learning environment. Patients share their experiences with each other. The importance of reducing anxiety, stress and depression in the elderly led to study the effect of peer education about them. This double blind clinical trial was done between 80 elderly people of sanatoriums of Qom city, randomly in intervention and control groups. In the intervention group, training is done in three sessions during 45 minutes for each of them by peers. In the control group, patients will receive standard care. Inclusion criteria: being aware of time, place and person; s/he should not have the history of proven mental diseases; s/he should have full consent for the study; s/he should not have consume anti-depressants and anti-anxiety drugs; s/he should not took apart in stress training courses over the last 6 months. Exclusion criteria: Occurrence of unexpected events for the patient during the study (Patient dies); s/he should not have the desire to continue the clinical working trial.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2017051633998N1**

Registration date: **2017-08-05, 1396/05/14**

Registration timing: **registered_while_recruiting**

Last update:

Update count: **0**

Registration date

2017-08-05, 1396/05/14

Registrant information

Name

Kurosh Jodaki

Name of organization / entity

Qom University of Medical Sciences

Country

Iran (Islamic Republic of)

Phone

+98 25 3320 9072

Email address

kjodaki@muq.ac.ir

Recruitment status

Recruitment complete

Funding source

Qom University of Medical Sciences

Expected recruitment start date

2017-07-23, 1396/05/01

Expected recruitment end date

2017-09-23, 1396/07/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effect of peer education on anxiety, stress and depression in elderly people of sanatoriums of Qom city

Public title

The effect of peer education on anxiety, stress and depression

Purpose

Health service research

Inclusion/Exclusion criteria

Inclusion criteria: being aware of time, place and person;

The patient should be able to understand the contents in

the Persian language; s/he should not have the history of proven mental diseases; s/he should not have severe visual and hearing disorders; s/he should have full consent for the study; s/he should not have consume anti-depressants and anti-anxiety drugs; s/he should not took apart in stress training courses over the last 6 months. Exclusion criteria: Occurrence of unexpected events for the patient during the study (Patient dies); s/he should not have the desire to continue the clinical working trial.

Age

From **60 years** old to **90 years** old

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **80**

Randomization (investigator's opinion)

Randomized

Randomization description

Blinding (investigator's opinion)

Single blinded

Blinding description

Placebo

Not used

Assignment

Parallel

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Qom University of Medical Sciences

Street address

Saheli Street, Qom University of Medical Sciences

City

Qom

Postal code

Approval date

2017-03-14, 1395/12/24

Ethics committee reference number

IR.MUQ.REC.1395.160

Health conditions studied

1

Description of health condition studied

Stress

ICD-10 code

F43.9

ICD-10 code description

Reaction to severe stress, unspecified

2

Description of health condition studied

Anxiety

ICD-10 code

F41.1

ICD-10 code description

Generalized anxiety disorder

3

Description of health condition studied

depression

ICD-10 code

F32.9

ICD-10 code description

Depressive episode, unspecified

Primary outcomes

1

Description

Anxiety

Timepoint

Before intervention, 24 hours after treatment and one month after intervention

Method of measurement

DASS 21 questionnaire

2

Description

Stress

Timepoint

Before intervention, 24 hours after treatment and one month after intervention.

Method of measurement

DASS 21 questionnaire

3

Description

Depression

Timepoint

Before intervention, 24 hours after treatment and one month after intervention.

Method of measurement

DASS 21 questionnaire

Secondary outcomes

empty

Intervention groups

1

Description

In the control group patients will receive standard care. If

the effectiveness of the intervention is proved, after a study of the control group as well as methods of controlling anxiety, stress and depression will be taught.

Category

Treatment - Other

2

Description

In the intervention group, training is done in three sessions during 45 minutes for each of them by peers. In the first session, patients will introduce to each other while they meet with peer researcher; s/he will explain the purpose of the intervention for patients; then, information about the nature of the symptoms and course of anxiety, stress and depression will be given to them. In the second session, their questions are answered. The successful experiences of their peer will be expressed at the end of each session and exchange their information with them. The third session will start with the questions and the researcher will respond to them. The peer experiences in the field of self-care and follow-up treatment will be available to members of the group; such as physical activity, weight control, diet, activity level social routine and follow-up treatment.

Category

Treatment - Other

Recruitment centers

1

Recruitment center

Name of recruitment center

Fatemieh Rehabilitation and care for the elderly.

Full name of responsible person

kurosh jodaki

Street address

Safashahr Street, Qom

City

Qom

2

Recruitment center

Name of recruitment center

Baqiyatallah rehabilitation center and care for the elderly

Full name of responsible person

kurosh jodaki

Street address

Shaheed mahalati square, Panzdah khordad Blvd, Qom

City

Qom

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Qom University of Medical Sciences

Full name of responsible person

Dr Saghafi

Street address

No. 83, Street No. 4, Safashahr Street, Qom

City

Qom

Grant name

Grant code / Reference number

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

Yes

Title of funding source

Qom 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

Qom University of Medical Sciences

Full name of responsible person

kurosh jodaki

Position

Master of Nursing

Other areas of specialty/work

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Person responsible for scientific 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