

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

10 Jun 2026

### Effect of Educational messages based-on Healthy Lifestyle Package on Happiness and Life satisfaction of Elderly

#### Protocol summary

##### Summary

Objective: To determine the effect of educational messages based-on healthy lifestyle on happiness and life satisfaction of elderly. Design: The study is an interventional study (Quasi-experimental). Sampling is simple random sampling among elderly people aged 60-70 years covered by Health Center of Khanehisfahan Community. In this way, 96 people will be included in the study, randomly divided into two groups of 48 intervention and control groups. Setting and conduct: In order to intervene in the intervention group, three groups of 16 people are formed and training sessions with an average of two hours per day and for each subject two sessions in a quiet environment will take place. The data collection tool is a questionnaire completed by face-to-face interviews before the intervention and two months after the intervention for all participants in the program. Then the collected data are analyzed using statistical tests. Major Inclusion criteria: age 60-70 years old, residence in Isfahan, the ability to communicate verbally. Exclusion criteria: Non-attendance at classes, loss of ability. Intervention: Each session discusses one of the dimensions of a healthy lifestyle (physical training, and active life) based on references from the Ministry of Health and World Health Organization. Each topic is taught by the relevant expert and will be based on the memorization and participation of all participants in the discussions. No intervention is performed in the control group. main outcome variables: life satisfaction, happiness.

#### General information

##### Acronym

-

##### IRCT registration information

IRCT registration number: **IRCT2017053034238N1**

Registration date: **2017-07-20, 1396/04/29**

Registration timing: **retrospective**

Last update:

Update count: **0**

##### Registration date

2017-07-20, 1396/04/29

##### Registrant information

###### Name

Mohammad Mohammadi Mehr

###### Name of organization / entity

Isfahan University of Medical Sciences

###### Country

Iran (Islamic Republic of)

###### Phone

+98 31 3668 0048

###### Email address

m\_mohamadimehr@hlth.mui.ac.ir

##### Recruitment status

**Recruitment complete**

##### Funding source

Vice chancellor for research, Isfahan University of Medical Sciences

##### Expected recruitment start date

2016-09-23, 1395/07/02

##### Expected recruitment end date

2016-11-22, 1395/09/02

##### Actual recruitment start date

empty

##### Actual recruitment end date

empty

##### Trial completion date

empty

##### Scientific title

Effect of Educational messages based-on Healthy Lifestyle Package on Happiness and Life satisfaction of Elderly

##### Public title

Effect of education on Happiness and Life satisfaction of Elderly

## Purpose

Health service research

## Inclusion/Exclusion criteria

Inclusion criteria: Age 60 to 70 years old; Living in the Isfahan city; Ability to communicate verbally; Consent; Participation in educational programs; Individual mental consciousness; Individual's ability to exercise. Exclusion criteria: Non participation in classes; Loss of ability to Communicate or Exercise

## Age

From **60 years** old to **70 years** old

## Gender

Both

## Phase

N/A

## Groups that have been masked

*No information*

## Sample size

Target sample size: **96**

## Randomization (investigator's opinion)

Randomized

## Randomization description

## Blinding (investigator's opinion)

Single blinded

## Blinding description

## Placebo

Not used

## Assignment

Other

## Other design features

Simple random sampling and the use of random numbers table

## Secondary Ids

empty

## Ethics committees

### 1

#### Ethics committee

##### Name of ethics committee

Ethics committee of Isfahan University of Medical Sciences

##### Street address

Hezar jerib avenue, Isfahan

##### City

Isfahan

##### Postal code

8174673461

#### Approval date

2017-01-02, 1395/10/13

#### Ethics committee reference number

IR.MUI.REC.1395.3.712

## Health conditions studied

### 1

#### Description of health condition studied

Happiness

#### ICD-10 code

-

#### ICD-10 code description

-

### 2

#### Description of health condition studied

Life satisfaction

#### ICD-10 code

-

#### ICD-10 code description

-

## Primary outcomes

### 1

#### Description

Happiness

#### Timepoint

Before intervention and two months after intervention

#### Method of measurement

Questionnaire (oxford happiness questionnaire)

### 2

#### Description

Life satisfaction

#### Timepoint

Before intervention and two months after intervention

#### Method of measurement

Questionnaire (Life Satisfaction Questionnaire of Tobin)

## Secondary outcomes

empty

## Intervention groups

### 1

#### Description

Intervention group: Sport and Physical Education (Two sessions, per session for two hours); Active life education (Two sessions, per session for two hours).

#### Category

Lifestyle

### 2

#### Description

Control group: No intervention.

#### Category

N/A

## Recruitment centers

### 1

#### Recruitment center

**Name of recruitment center**

Community Health Center of Khanehisfahan

**Full name of responsible person**

Dr. Abbas Nekubahr

**Street address**

Golestaneh street, Khanehisfahan, Isfahan

**City**

Isfahan

+98 31 3792 3241

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**Web page address****Sponsors / Funding sources****1****Sponsor****Name of organization / entity**

Vice chancellor for research Isfahan University of Medical Sciences

**Full name of responsible person**

Dr. Mehdi Nematbakhsh

**Street address**

Vice chancellor for research, Isfahan University of Medical Sciences, Hezarjarib Avenue, Isfahan

**City**

Isfahan

**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 Isfahan 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**

Isfahan University of Medical Sciences

**Full name of responsible person**

Mohammad Mohammadi Mehr

**Position**

Master Student of Health education

**Other areas of specialty/work****Street address**

Department of Health Education, School of Health, Isfahan University of Medical Sciences, Hezarjarib Avenue, Isfahan

**City**

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**Postal code****Phone****Person responsible for scientific inquiries****Contact****Name of organization / entity**

Isfahan University of Medical Sciences

**Full name of responsible person**

Dr. Fereshteh Zamani

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PhD in Health Education

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**Web page address****Person responsible for updating data****Contact****Name of organization / entity**

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Mohammad Mohammadi Mehr

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Msc Student

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**Web page address****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*