

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

Fax**Email**

m_mohamadimehr@hlth.mui.ac.ir;

mohamadimehr1400@gmail.com

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

Isfahan

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

Position

PhD in Health Education

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

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

City

Isfahan

Postal code**Phone**

+98 31 3792 3292

Fax**Email**

fe.zamani@gmail.com

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

Isfahan University of Medical Sciences

Full name of responsible person

Mohammad Mohammadi Mehr

Position

Msc Student

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

Isfahan

Postal code

8174673461

Phone

+98 31 3668 0048

Fax**Email**

mohamadimehr1400@gmail.com

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