

Clinical Trial Protocol

Iranian Registry of Clinical Trials

08 Jul 2026

efficacy of an educational intervention based on gerotranscendence theory on the transcendence, depression and life satisfaction of Iranian community dwelling elder people

Protocol summary

Summary

The purpose of this study is to investigate the effect of educational intervention based on the theory of gerotranscendence on the transcendence, depression and life satisfaction of elderly people. Study population: 40 people (20 subjects and 20 controls) from the elderly covered by retirement centers of Rasht city. Inclusion criteria include: age 60 years and over, normal cognitive function measured by AMTS score, secondary education and higher, informed Consent to Participate in Research. Mild to moderate depression based on the GDS score and low life satisfaction based on the LSI-Z score. and exclusion criteria include: Drug use, missing more than one session of training sessions, Simultaneous participation in other psychotherapy programs and RCTs, Unwillingness to continue participating in research project for any reason. study Design: This study is a parallel Design RCT. Using block randomization method eligible samples are randomly assigned to experimental and control groups (subjects are not aware of their group assignment). Pre- test is done by completing questionnaires of gerotranscendence, depression and life satisfaction. The experimental group will participate in 6 training sessions (each session 1/5 hours). For the control group, only one training session will be held in the form of a group discussion about aging. The post-test is performed one week after the intervention and by completing the relevant questionnaires by both groups. Educational intervention is expected to reduce the rate of depression and increase the score of gerotranscendence and life satisfaction.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2017060534336N1**

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

Registration timing: **prospective**

Last update:

Update count: **0**

Registration date

2017-08-05, 1396/05/14

Registrant information

Name

Shahla Asiri

Name of organization / entity

University of Social Welfare and Rehabilitation

Country

Iran (Islamic Republic of)

Phone

+98 13 4454 6860

Email address

sh.asiri@uswr.ac.ir

Recruitment status

Recruitment complete

Funding source

Vice chancellor for research, University of Social Welfare and Rehabilitation

Expected recruitment start date

2017-08-19, 1396/05/28

Expected recruitment end date

2017-09-19, 1396/06/28

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

efficacy of an educational intervention based on

gerotranscendence theory on the transcendence, depression and life satisfaction of Iranian community dwelling elder people

2016-10-05, 1395/07/14

Ethics committee reference number
IR.USWR.REC.1395.318

Public title

efficacy of an educational intervention based on gerotranscendence theory on the transcendence, depression and life satisfaction of elder people

Purpose

Supportive

Inclusion/Exclusion criteria

Inclusion criteria: age 60 years and over, normal cognitive function measured by AMTS score, secondary education and higher, informed Consent to Participate in Research. Mild to moderate depression based on the GDS score and low life satisfaction based on the LSI-Z score. exclusion criteria: Drug use, missing more than one session of training sessions, Simultaneous participation in other psychotherapy programs and RCTs, Unwillingness to continue participating in research project for any reason.

Age

From **60 years** old to **139 years** old

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **40**

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

Ethics Committee of University of Social Welfare and Rehabilitation

Street address

koodakyar street, Daneshjoo Boulevard, Evin

City

Tehran

Postal code

1985713834

Approval date

Health conditions studied

1

Description of health condition studied

depression

ICD-10 code

F32

ICD-10 code description

Depressive episode

Primary outcomes

1

Description

gerotranscendence

Timepoint

before and 1 week after intervention

Method of measurement

gerotranscendence scale (GTS-S)

2

Description

depression

Timepoint

before and 1 week after intervention

Method of measurement

geriatric depression scale (GDS)

3

Description

life satisfaction

Timepoint

before and 1 week after intervention

Method of measurement

life satisfaction index (LSI-Z)

Secondary outcomes

empty

Intervention groups

1

Description

The experimental group will participate in 6 training sessions based on gerotranscendence theory (each session 1/5 hours).

Category

Other

2

Description

For the control group, only one training session will be held in the form of a group discussion about aging.

Category

Other

Recruitment centers**1****Recruitment center****Name of recruitment center**

Rasht Retirement Centers

Full name of responsible person

Shahla Asiri

Street address**City**

Bandar Anzali

Sponsors / Funding sources**1****Sponsor****Name of organization / entity**

Vice Chancellor for Research, University of Social Welfare and Rehabilitation

Full name of responsible person

Hamid Reza Khanke

Street address

Koodakyar street, Daneshjoo Boulevard, Evin

City

Tehran

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, University of Social Welfare and Rehabilitation

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**

University of Social Welfare and Rehabilitation

Full name of responsible person

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Position

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Full name of responsible person

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Position

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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