Clinical Trial Protocol
Iranian Registry of Clinical Trials

16 Sep 2026

The Effect of group reminiscence on the loneliness and happiness of the elderly resident of nursing home

Protocol summary

Summary

Objectives: One of the psychosocial problems that are less noticeable in the elderly is loneliness and loss of happiness. Therefore, this study aims to determine the effect of group memory on loneliness and the level of happiness of the elderly living in the home of the elderly mother of Sabzevar. Design: The research units of this quasi-experimental study are 41 elderly residents of the nursing home of Sabzevar mothers. The available sampling method is used to select research units. The research units after the selection are placed in 6 groups of 6-6 people, and then each of the groups is randomly assigned to the control group (3 groups) or group memories (3 groups). Study participants are not blinded to the intervention. Group memorization is held one session every week for eight weeks. To eliminate the effects of the group, the discussion group is held every week for 8 weeks for the control group. Inclusion criteria: willingness to participate; age 60 or older; lack of experience of stressful events in the last three months. Exclusion criteria: Acute illness and hospitalization during the study; Absence in more than two sessions; Experience of social and familial crises during study; Death. Main outcome variables: feeling lonely and happiness.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2017062434729N1**
Registration date: **2017-08-13, 1396/05/22**
Registration timing: **registered_while_recruiting**

Last update:
Update count: **0**

Registration date

2017-08-13, 1396/05/22

Registrant information

Name
Milad Ali Akbari

Name of organization / entity
Sabzevar Medical Sciences

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Iran (Islamic Republic of)

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+98 51 4464 0115

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Recruitment status

Recruitment complete

Funding source

Vice-Chancellor for Research, Research and Technology of Sabzevar 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 group reminiscence on the loneliness and happiness of the elderly resident of nursing home

Public title

Investigating the effect of group memory on loneliness and happiness in the elderly

Purpose

Health service research

Inclusion/Exclusion criteria

Inclusion criteria:Inclination to participate in the study; Age 60 or older; Be able to speak Persian; Minimum length of stay in a nursing home for one month; Lack of

experiencing stressful events in the last three months (such as losing your spouse or other loved ones) Exclusion criteria: Unwillingness to continue cooperation; Acute illness and hospitalization during the study; Absence in more than two group memories; Experience of social and family crises during study; The presence of visual impairment to an extent that disrupts the activity; The presence of hearing impairment to an extent that interferes with the activity; Mental disorders; Leave the nursing home; Death.

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

Gender
Female

Phase
N/A

Groups that have been masked
No information

Sample size
Target sample size: **41**

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
ethics Committee Sabzevar University of Medical Sciences

Street address
Sabzevar University of Medical Sciences, Tohid Shahr, Sabzevar County

City
Sabzevar

Postal code

Approval date
2017-04-02, 1396/01/13

Ethics committee reference number
IR.MEDSAB.REC.1395.126

Health conditions studied

1

Description of health condition studied
group reminiscence

ICD-10 code

ICD-10 code description

Primary outcomes

1

Description
loneliness

Timepoint
Before intervention and after intervention

Method of measurement
UCLA questionnaire

2

Description
happiness

Timepoint
Before intervention and after intervention

Method of measurement
OHQ questionnaire

Secondary outcomes

empty

Intervention groups

1

Description
Materials and Methods: The research units of this quasi experimental study were 41 elderly people living in the nursing home of Sabzevar mothers. The purposeful sampling was used to select nursing homes and available sampling method for selection of research units. The post-selection units were placed in 6 groups of 6-6 individuals. Each group was randomly assigned to control group (3 groups) or group memorization (3 groups). The group memorandum was held weekly for one hour for 8 weeks. To eliminate the effects of the group, the discussion group was held every week for a weekly session for an 8-week week for the control group. Loneliness was measured using the UCLA questionnaire and Oxford Hearing Ability Questionnaire OHQ in two steps before and immediately after the intervention. SPSS software version 16 and descriptive and inferential statistics were used to analyze the data.

Category
Treatment - Drugs

2

Description
Materials and Methods: The research units of this quasi experimental study were 41 elderly people living in the nursing home of Sabzevar mothers. The purposeful sampling was used to select nursing homes and available sampling method for selection of research units. The post-selection units were placed in 6 groups of 6-6 individuals. Each group was randomly assigned to control

group (3 groups) or group memorization (3 groups). The group memorandum was held weekly for one hour for 8 weeks. To eliminate the effects of the group, the discussion group was held every week for a weekly session for an 8-week week for the control group. Loneliness was measured using the UCLA questionnaire and Oxford Hearing Ability Questionnaire OHQ in two steps before and immediately after the intervention. SPSS software version 16 and descriptive and inferential statistics were used to analyze the data.

Category

Other

Recruitment centers

1

Recruitment center

Name of recruitment center

The elderly mother of Sabzevar city

Full name of responsible person

zabihhollahi

Street address

22 Bahman, Street Kashfi St, Sabzevar.

City

Sabzevar

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Vice-Chancellor for Research (Technology and Research) of Sabzevar Medical Sciences

Full name of responsible person

MiladAliAkbari

Street address

Sabzevar University of Medical Sciences, Tohid Shahr, Sabzevar County

City

Sabzevar

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 (Technology and Research) of Sabzevar 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

Sabzevar University of Medical Sciences

Full name of responsible person

Milad Ali Akbari

Position

student

Other areas of specialty/work

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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