

Clinical Trial Protocol

Iranian Registry of Clinical Trials

19 Sep 2026

The effect of Flourishing promotion program on elderly social health

Protocol summary

Study aim

Determine the effect of Flourishing Promotion Program on Elderly social Health

Design

In this research, 60 elderly people with entry-level study who live in a nursing home and health resorts are selected. Participants are randomly divided into intervention and control groups and a code was allocated to each one of them.

Settings and conduct

This study is a randomized clinical trial (two groups pre and post test). The research population is elderly people living in the Toos and Salamati nursing home of Mashhad. The samples will be selected first according to availability criteria and then divided into two intervention and control groups based on random allocation. One-way blindness (participants) is performed in this study. Before intervention, a pre-test (Social Health Scale) was performed in both groups, then in the intervention group, a flourishing promotion program was implemented and the control group from the routine services of the centers. The test is then performed immediately and one month later in both groups.

Participants/Inclusion and exclusion criteria

Inclusion criteria: Full vigilance; age 60 and above; spoken in Farsi; minimum elementary education;
Exclusion criteria: chronic disease; addiction; visual impairment; severe hearing loss

Intervention groups

Flourishing promotion program implement based on table and after content approval by a specialized consultant group method and participatory learning method, lecture and group discussion in 8 sessions of 4 weeks (per week two sessions of 1.5 hours) by the researcher and in 3 groups of 10 in Toos and Salamati Nursing Home. In program implement education for improving happiness and life satisfaction, and Q & A will be performed during the sessions. In the intervention group, Flourishing promotion program was implemented and the control group use of routine services of the

centers.

Main outcome variables

Social health

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20170822035848N1**

Registration date: **2017-12-25, 1396/10/04**

Registration timing: **retrospective**

Last update: **2017-12-25, 1396/10/04**

Update count: **0**

Registration date

2017-12-25, 1396/10/04

Registrant information

Name

Azam Nojabaee

Name of organization / entity

Mashhad University of Medical Sciences

Country

Iran (Islamic Republic of)

Phone

+98 51 3760 6184

Email address

nojabaee1@mums.ac.ir

Recruitment status

Recruitment complete

Funding source

Mashhad University of Medical Sciences, Mashhad, Iran

Expected recruitment start date

2017-11-01, 1396/08/10

Expected recruitment end date

2017-11-06, 1396/08/15

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date
empty

Scientific title
The effect of Flourishing promotion program on elderly social health

Public title
The effect of Flourishing promotion program on elderly social health

Purpose
Supportive

Inclusion/Exclusion criteria
Inclusion criteria:
informed consent to participate in intervention age 60 and above ability to communicate spoken in Farsi minimum primary and upper secondary education score less than 75 from the Keys' social health scale minimum score of 7 And above in the cognitive impairment test for AMT
Exclusion criteria:
Acute or chronic mental and physical illness addiction to psychotropic drugs visual and auditory impairment to an extent that interferes with the activity

Age
From **60 years** old

Gender
Both

Phase
N/A

Groups that have been masked

- Participant

Sample size
Target sample size: **60**

Randomization (investigator's opinion)
Randomized

Randomization description
In this study, after finding the participants in the study based on entry and exit criteria, we assign them to the intervention and control groups in a simple randomized way.

Blinding (investigator's opinion)
Single blinded

Blinding description
The blindness of this study is blinded by Single blind, which only the elderly participated after entering the study were kept blind to the blinded study groups.

Placebo
Not used

Assignment
Parallel

Other design features

Secondary Ids
empty

Ethics committees

1

Ethics committee
Name of ethics committee
Ethics committee of Mashhad University of Medical Sciences, Mashhad, Iran
Street address
University Street, Qoreyshi Building
City
Mashhad
Province
Razavi Khorasan
Postal code
13944 -91388
Approval date
2017-11-01, 1396/08/10
Ethics committee reference number
IR.MUMS.REC.1396.249

Health conditions studied

1

Description of health condition studied
Social health
ICD-10 code
ICD-10 code description

Primary outcomes

1

Description
Social Health Score in Keyes Social Health Questionnaire
Timepoint
Periods of measurement of social health at the beginning of the study (before intervention), one and two months after the start of the flourishing promotion program
Method of measurement
Keyes Social Health Scale

Secondary outcomes
empty

Intervention groups

1

Description
Intervention group: Flourishing promotion program implement based on table and after content approval by a specialized consultant group method and participatory learning method, lecture and group discussion in 8 sessions of 4 weeks (per week two sessions of 1.5 hours) by the researcher and in 3 groups of 10 in Toos and Salamati Nursing Home. In program implement education for improving happiness and life satisfaction, and Q & A will be performe during the sessions.
Category
Rehabilitation

2

Description

Control group: This group uses routine nursing services.

Category

N/A

Recruitment centers

1

Recruitment center

Name of recruitment center

Toos Nursing Home

Full name of responsible person

Azam Nojabaee

Street address

No. 35, Toos Blvd.

City

Mashhad

Province

Razavi Khorasan

Postal code

9198833975

Phone

+98 51 3691 0333

Email

nojabaee1@mums.ac.ir

2

Recruitment center

Name of recruitment center

Salamati nursing home

Full name of responsible person

Azam Nojabaee

Street address

between the 63 and 65, Vakil Abad Blvd

City

Mashhad

Province

Razavi Khorasan

Postal code

919613769

Phone

+98 51 3501 2449

Email

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Mashhad University of Medical Sciences

Full name of responsible person

Dr Saeed Eslami

Street address

Qureishi building, near the cinema Hoveyzeh,
Daneshgah ST

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Province

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Eslamis@mums.ac.ir

Grant name

Research

Grant code / Reference number

960454

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

Yes

Title of funding source

Mashhad University of Medical Sciences

Proportion provided by this source

100

Public or private sector

Public

Domestic or foreign origin

Domestic

Category of foreign source of funding

empty

Country of origin

Type of organization providing the funding

Academic

Person responsible for general inquiries

Contact

Name of organization / entity

Mashhad University of Medical Sciences

Full name of responsible person

Azam Nojabaee

Position

Graduate Student, Geriatric Nursing Student

Latest degree

Bachelor

Other areas of specialty/work

Nursery

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Ibn sina Street, Nursing & Midwifery school

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Web page address

Person responsible for scientific inquiries

Contact

Name of organization / entity
Mashhad University of Medical Sciences
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Amir Reza Salehmoghaddam
Position
Master of Nursing Management
Latest degree
Master
Other areas of specialty/work
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Person responsible for updating data

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Azam Nojabaee
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Latest degree
Bachelor
Other areas of specialty/work
Nursery

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Sharing plan

Deidentified Individual Participant Data Set (IPD)
Undecided - It is not yet known if there will be a plan to make this available
Study Protocol
Undecided - It is not yet known if there will be a plan to make this available
Statistical Analysis Plan
Undecided - It is not yet known if there will be a plan to make this available
Informed Consent Form
Undecided - It is not yet known if there will be a plan to make this available
Clinical Study Report
Undecided - It is not yet known if there will be a plan to make this available
Analytic Code
Undecided - It is not yet known if there will be a plan to make this available
Data Dictionary
Undecided - It is not yet known if there will be a plan to make this available