

Clinical Trial Protocol

Iranian Registry of Clinical Trials

17 Sep 2026

The effect of cognitive rehabilitation program on improving mood and hope and self-efficacy in retired elderly

Protocol summary

Study aim

Mental health problems become an important concern around the world with ageing. Considering the tendency of population patterns to old age, Percentage higher of older people, experience retirement. Retirement with quit service and the rise of the age and Looking for cognitive impairment are susceptible to psychological problems, including depression and reduce hope and self-efficacy, which could have a negative impact on their health. Important effects on quality of life, consequences of clinical disease, functional status, use of medical services and their mortality and disability. Therefore, The main goal of this study is to determine the effectiveness of cognitive rehabilitation on improving mood and hope in elderly retired patients with mild cognitive impairment

Design

The present study was conducted in the framework of a field trial with a pre-test design and on 70 elderly retired in University of Medical Sciences in Southern Khorasanon from 2/5/95 to 8/12/95 Available sampling method and accidental allocation was entered into two groups: case and control groups

Settings and conduct

The Cognitive Rehabilitation program in the elderly was conducted on self-efficacy, hope and depression in Southern Khorasan in 12 sessions.

Participants/Inclusion and exclusion criteria

Entry requirements: The desire for informed consent to participate in the study, Ability to speak and communicate, Not having sensory and movement problems, Depression score based on Depression Inventory in the elderly is less than 10 (severe depression or with a history of admission will not be included in the study), People are not known to be psycho-neuro-cognitive. Exclusion criteria included: Unwillingness to continue the intervention, Death or hospitalization due to illness during research, Failure to participate in more than 2 sessions of intervention sessions, The death of close relatives of the patient

Intervention groups

The intervention group included 35 retired elderly who received rehabilitation program in 12 sessions and the control group had 35 retired elders who did not receive any interventions

Main outcome variables

Depression, Self-efficacy, Hope

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20170824035877N4**

Registration date: **2018-03-14, 1396/12/23**

Registration timing: **retrospective**

Last update: **2018-03-14, 1396/12/23**

Update count: **0**

Registration date

2018-03-14, 1396/12/23

Registrant information

Name

Somaye Namdari

Name of organization / entity

School of Nursing and Midwifery

Country

Iran (Islamic Republic of)

Phone

+98 66 3272 3618

Email address

namdar94@bums.ac.ir

Recruitment status

Recruitment complete

Funding source

Deputy of Research of Birjand University of Medical Sciences

Expected recruitment start date

2016-11-05, 1395/08/15

Expected recruitment end date

2017-01-04, 1395/10/15

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effect of cognitive rehabilitation program on improving mood and hope and self-efficacy in retired elderly

Public title

The effect of cognitive rehabilitation program on improving mood and hopefulness

Purpose

Supportive

Inclusion/Exclusion criteria**Inclusion criteria:**

Entry requirements: The desire for informed consent to participate in the study, the ability to speak and communicate, lack of sensory and motor skills, depression score according to the depression questionnaire in the elderly less than 10 years old (severe depression or with a history of admission will not be included), known cases Not psychosocial-cognitive illness

Exclusion criteria:

Reluctance to continue intervention, death or hospitalization due to illness during research. Failure to participate in more than 2 sessions of intervention was the death of close relatives of the patient

Age

No age limit

Gender

Both

Phase

N/A

Groups that have been masked*No information***Sample size**Target sample size: **70****Randomization (investigator's opinion)**

Randomized

Randomization description

After receiving a referral from the researcher's research affairs department, referring to the retirement center of the University of Medical Sciences, a list of pensioners' names comes from among the retirees referring to the center who have been admitted to the study after having met with them fully and in full detail. Objectives and methods of studying and obtaining oral satisfaction are entered randomly into two groups of control and control

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**

School of Nursing and Midwifery

Street address

University of Medical Sciences , Ghaffari Ave,Birjand Town

City

Birjand

Province

South Khorasan

Postal code

9717853577

Approval date

2016-10-31, 1395/08/10

Ethics committee reference number

lr.bums.REC.132

Health conditions studied**1****Description of health condition studied**

Cognitive impairment

ICD-10 code**ICD-10 code description****Primary outcomes****1****Description**

Depression

Timepoint

Before the intervention one month after the intervention

Method of measurement

The Geriatric Depression Scale

Secondary outcomes**1****Description**

Hope

Timepoint

Before the intervention one month after the intervention

Method of measurement

Snyder hope scale

Intervention groups

1

Description

The cognitive rehabilitation program consisted of 12 group sessions, each session lasted 60 minutes for the intervention group, which was two sessions a week for 6 weeks. This program strengthened the patient's progress and refference. Attentive Attentio

Category

Rehabilitation

Recruitment centers

1

Recruitment center

Name of recruitment center

Birjand University of Medical Sciences retirement center

Full name of responsible person

Ahmad Nasiri

Street address

Birjand University of Medical Sciences,Ghaffari Avenue

City

Birjand

Province

South Khorasan

Postal code

9۷۱۷۸۵۳۵۷۷

Phone

+98 56 3239 5000

Fax

+98 56 3243 0076

Email

yekta.namdar94@gmail.com

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Birjand University of Medical Sciences

Full name of responsible person

Somaye Namdari

Street address

Birjand University of Medical Sciences

City

Birjand

Province

South Khorasan

Postal code

9۷۱۷۸۵۳۵۷۷

Phone

+98 56 3239 5000

Fax

+98 56 3243 0076

Email

yekta.namdar94@bums.ac.ir

Web page address

<http://www.bums.ac.ir/>

Grant name

Birjand University of Medical Sciences

Grant code / Reference number

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

Yes

Title of funding source

Birjand 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

School of Nursing and Midwifery

Full name of responsible person

Somaye Namdari

Position

Masters

Latest degree

Master

Other areas of specialty/work

Nursery

Street address

Birjand University of Medical Sciences

City

Birjand

Province

South Khorasan

Postal code

9۷۱۷۸۵۳۵۷۷

Phone

+98 66 3272 3618

Fax

Email

Namdar94@bums.ac.ir

Web page address

Person responsible for scientific inquiries

Contact

Name of organization / entity

Birjand University of Medical Sciences

Full name of responsible person

Ahmad Nasiri

Position

Associate Professor

Latest degree

Ph.D.

Other areas of specialty/work

Nursery

Street addressUniversity of Medical Sciences, Ghaffari Ave, Birjand
Town**City**

Birjand

Province

South Khorasan

Postal code

9717853577

Phone

+98 56 3238 1406

Fax

+98 56 3243 0076

Email

ah_nasiri@nm.mui.ac.ir

Web page address

+98 66 3272 3618

Fax**Email**

Namdar94@bums.ac.ir

Web page address**Sharing plan****Deidentified Individual Participant Data Set (IPD)**

Yes - There is a plan to make this available

Study Protocol

Yes - There is a plan to make this available

Statistical Analysis Plan

Yes - There is 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

Yes - There is a plan to make this available

Analytic Code

Yes - There is a plan to make this available

Data Dictionary

Yes - There is a plan to make this available

Title and more details about the data/document

Original outcome data

When the data will become available and for how long

Start the access period from the year1359

To whom data/document is available

Only available to scholars working in academia and academia

Under which criteria data/document could be used

هیچ تجزیه و تحلیلی مجاز نیست

From where data/document is obtainable

Somayeh Namvardi 09106599457 Ahmad Nassiri

09151637519 Somayeh Nameday

yekta.namdar94@gmail.com

What processes are involved for a request to access data/document

Request email to responsible author

Comments**Person responsible for updating data****Contact****Name of organization / entity**

Birjand University of Medical Sciences

Full name of responsible person

Somaye Namdari

Position

Masters

Latest degree

Master

Other areas of specialty/work

Nursery

Street address

Birjand University of Medical Sciences

City

Birjand

Province

South Khorasan

Postal code

9717853577

Phone