

Clinical Trial Protocol

Iranian Registry of Clinical Trials

16 Sep 2026

Effect of painting therapy on happiness in elderly people

Protocol summary

Study aim

Determination of the effect of painting therapy on happiness in elderly people

Design

In this study, 60 elderly men are selected based on the criteria for entry. Participants are randomly assigned to control and intervention groups. painting therapy sessions (12 sessions) are held in the intervention group

Settings and conduct

The place of the study is the Neshat daily rehabilitation center and Danesh amooz Health Center. Before the intervention Happiness test is conducted in both control and intervention groups. painting therapy sessions are held in the intervention group during 12 sessions. Each session is an hour. 5 minutes will be discussed about session at the beginning of the study Then they paint for 40 to 50 minutes, At the end of the session, they will express their feelings about painting about 15 to 20 minutes. The topics of each session are in accordance with the schedule for painting therapy sessions. At the same time, the control group deals with routine activities that have a neutral side. Lecture sessions, Within 4 sessions, every week a session lasts for 30 to 45 minutes, are also held in the context of cheerful ways of living in the Intervention and control group. After the intervention, the happiness test is repeated in each group Then the information is collected and the results are analyzed and reported.

Participants/Inclusion and exclusion criteria

Inclusion criteria: The desire to participate in the study with written consent; Age 60 and older; Obtaining a score of at least 7 from the abbreviated mental test questionnaire; Do not take medications of Neuropsychiatric drugs(Anti-depressant, Anti-anxiety); No addiction; Ability to contact the researcher; Lack of communication problem; Lack of severe vision and hearing impairment; Non-acute and debilitating illness
Exclusion criteria: Refusal to continue participating in the study; Missing more than 3 sessions; The deaths of research units; Acute illness or hospitalization which

prevents participation in the sessions

Intervention groups

Painting therapy sessions in the intervention group
Speech sessions in the intervention and control group

Main outcome variables

New way to increase happiness in the elderly

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20171126037636N1**

Registration date: **2018-01-10, 1396/10/20**

Registration timing: **retrospective**

Last update: **2018-01-10, 1396/10/20**

Update count: **0**

Registration date

2018-01-10, 1396/10/20

Registrant information

Name

Hamid Barfarazi

Name of organization / entity

Country

Iran (Islamic Republic of)

Phone

+98 51 4229 3524

Email address

barfarazih941@mums.ac.ir

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2017-12-03, 1396/09/12

Expected recruitment end date

2017-12-11, 1396/09/20

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Effect of painting therapy on happiness in elderly people

Public title

Effect of painting therapy on happiness

Purpose

Treatment

Inclusion/Exclusion criteria**Inclusion criteria:**

The desire to participate in the study with written consent Age 60 and older Obtaining a score of at least 7 from the abbreviated mental test questionnaire Do not take medications of Neuropsychiatric drugs (Anti-depressant, Anti-anxiety) No addiction Ability to contact the researcher Lack of communication problem Lack of severe vision and hearing impairment Non-acute and debilitating illness

Exclusion criteria:

Refusal to continue to participate in the study Missing more than 3 sessions The deaths of research units Acute illness or hospitalization during the study Which prevents attending meetings

AgeFrom **60 years** old to **80 years** old**Gender**

Both

Phase

N/A

Groups that have been masked*No information***Sample size**Target sample size: **60****Randomization (investigator's opinion)**

Randomized

Randomization description

From among centers of service to the elderly, Danesh Amooz Health Center and Neshat's Daily Rehabilitation Center are selected. Elderly who have entry criteria for research, With available sampling method Until the supply of pre-set sample volumes Will be selected then older adult by simple Random allocation method (Use the random numbers table) They are divided into two groups of test and control. Both from the research center In both control and intermediate groups Be in a ratio.

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 of mashhad university of medical science

Street address

Town of Health and knowledge, MUMS central building, end of Shahid Fakori Boulevard, in front of 94th shahid Fakori Avenue, Mashhad - Iran Mashhad University Of Medical Sciences

City

Mashhad

Province

Razavi Khorasan

Postal code

9919191778

Approval date

2017-11-18, 1396/08/27

Ethics committee reference number

IR.MUMS.REC.1396.274

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

Happiness in older adult

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

Happiness score in the Oxford Happiness Questionnaire

Timepoint

Measuring Happiness Before and After Intervention

Method of measurement

Oxford Happiness Questionnaire

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

Psychological well-being

Timepoint

Before and after the intervention

Method of measurement

The yield Psychological well-being questionnaire

Intervention groups**1****Description**

Intervention group: painting therapy sessions are held in

the intervention group during 12 sessions. Each session is an hour. 5 minutes will be discussed about session at the beginning of the study Then they paint for 40 to 50 minutes, At the end of the session, they will express their feelings about painting about 15 to 20 minutes. The topics of each session are in accordance with the schedule for painting therapy sessions. Lecture sessions, Within 4 sessions, every week a session lasts for 30 to 45 minutes, are also held in the context of cheerful ways of living in the Intervention group.

Category

Rehabilitation

2

Description

Control group: Lecture sessions, Within 4 sessions, every week a session lasts for 30 to 45 minutes, are also held in the context of cheerful ways of living in the control group.

Category

Rehabilitation

Recruitment centers

1

Recruitment center

Name of recruitment center

Danesh amooz Health Center

Full name of responsible person

shahin marhamati

Street address

Danesh amooz Square, Danesh amooz Blvd

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2

Recruitment center

Name of recruitment center

Neshat's daily rehabilitation center

Full name of responsible person

mehri safarian

Street address

kalantari 4, Shahid Kalantari Blvd

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Mashhad University of Medical Sciences

Full name of responsible person

Saeed Eslami

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Grant name

Grant code / Reference number

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

Hamid Barfarazi

Position

Student

Latest degree

Bachelor

Other areas of specialty/work

Nursery

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Person responsible for updating data

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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