

Clinical Trial Protocol

Iranian Registry of Clinical Trials

01 Jul 2026

The effect of positive thinking training on resilience skills and life satisfaction among 60-70 year-old adults

Protocol summary

Study aim

Investigating the Effect of Positive Thinking Skills Training on Resilience and Life Satisfaction in the Elderly

Design

90 people aged 60-70 years old, who are supported by the senior centers in Shiraz and are interested in participating in the study, will be randomly selected. A sample of 45 people will be included in the experimental and the control groups using stratified random sampling.

Settings and conduct

Research setting: Adult Daycare Center in Shiraz. There are two major centers in Shiraz: Farzanegan and Farahikhtegan Alavi Foundations. Research population: Elderly men and women aged 60-70 years covered by the Farzanegan and Farhikhtegan Alavi Foundation. 90 people aged 60-70 years old, who are supported by the senior centers in Shiraz and are interested in participating in the study, will be randomly selected. A sample of 45 people will be included in the experimental and the control groups using stratified random sampling.

Participants/Inclusion and exclusion criteria

Inclusion Criteria: -The person's willingness to participate in the study -Being between 60 to 70 years of age - Having no psychological disorders such as major depression based on the elderly's self-report -Having good cognitive status based on MMSE Examination - Having the ability to read and write (a simple text of the third grade will be provided to them and their ability will be assessed) -Having no disability which prevents their attendance in the classes Exclusion Criteria: -Being absent for more than two educational sessions -No attending data collection sessions (per-test or post-test) - Withdrawal from the study due to a problem or a disease which requires constant care and prevents their attendance

Intervention groups

Sampling in each center will be done through systematic random sampling. The lists of covered elderly men and women will be used as the sampling framework. Given

the roughly equal proportions of the genders, the sampling distance is calculated, and by random selection of numbers between 1 and 10, the sampling will be done according to the lists. The selected people will be checked in for entry conditions and will be selected after if they are eligible, and if not, the next person will be selected. Random sampling will be done at the center in order to assign the participants to the experimental and the control groups. This means that one of the centers will be selected as the experimental group and the other will be selected as the control group. Assigning the participants to the experimental and the control groups will be done in order to prevent the spread of information among the elderly of the two groups.

Main outcome variables

The mean score of positive thinking skills will be different in the experimental and the control groups after the intervention. The mean scores of the elderly's resilience will be different in the experimental and the control groups after the intervention. The mean scores of life satisfaction among elderly people will be different in the experimental and the control groups after the intervention. There is a relationship between positive thinking and resilience constructs among the elderly. There is a relationship between positive thinking and life satisfaction constructs among the elderly.

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20171212037844N1**
Registration date: **2018-01-15, 1396/10/25**
Registration timing: **retrospective**

Last update: **2018-01-15, 1396/10/25**

Update count: **0**

Registration date

2018-01-15, 1396/10/25

Registrant information

Name

Mohamad Hossein Kaveh

Name of organization / entity

Country

Iran (Islamic Republic of)

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Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2017-11-01, 1396/08/10

Expected recruitment end date

2017-11-15, 1396/08/24

Actual recruitment start date

2017-11-26, 1396/09/05

Actual recruitment end date

2017-12-03, 1396/09/12

Trial completion date

empty

Scientific title

The effect of positive thinking training on resilience skills and life satisfaction among 60-70 year-old adults

Public title

The Effect of Positive Thinking Skills Training on Resilience and Life Satisfaction

Purpose

Education/Guidance

Inclusion/Exclusion criteria

Inclusion criteria:

Absence of psychological disorders Having a good cognitive status based on MMSE test Being able to read and write Having no disability which prevents attendance of classes The person's willingness to participate in the study

Exclusion criteria:

Being absent for more than two educational sessions Not attending data collection sessions (per-test and post-test) Withdrawal from the study due to a problem or the incidence of a disease which prevents their continuous attendance

Age

From **60 years** old to **70 years** old

Gender

Both

Phase

1

Groups that have been masked

No information

Sample size

Target sample size: **90**

Actual sample size reached: **90**

Randomization (investigator's opinion)

Randomized

Randomization description

90 people aged 60-70 years old, who are supported by the senior centers in Shiraz and are interested in participating in the study, will be randomly selected. A sample of 45 people will be included in the experimental and the control groups using stratified random sampling.

Blinding (investigator's opinion)

Not blinded

Blinding description

Placebo

Not used

Assignment

Other

Other design features

In this study, the intervention group receives training in positive thinking skills whereas the control group does not receive any training. The effect of training on life satisfaction and resilience is investigated through per-test and post-test.

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Ethics Committee of Shiraz University of Medical Sciences

Street address

School of Public Health, Razi Blvd., Shiraz

City

Shiraz

Province

Fars

Postal code

7153675541

Approval date

2017-10-21, 1396/07/29

Ethics committee reference number

IR.SUMS.REC.1396.122

Health conditions studied

1

Description of health condition studied

Level of resilience and life satisfaction in elderly

ICD-10 code

ICD-10 code description

Primary outcomes

1

Description

The level of positive thinking in the elderly

Timepoint

Positive thinking is measured one week before the educational intervention, one week after the educational

intervention, and two months after the educational intervention.

Method of measurement

To measure the level of positive thinking of the elderly, Positive Thinking Questionnaire by Ingram and Wisnicki will be utilized

Secondary outcomes

1

Description

The resilience level of the elderly aged 60-70 in Shiraz

Timepoint

Measuring the resilience level of the elderly will be one week before the educational intervention, one week after the intervention, and two months after the educational intervention.

Method of measurement

Connor-Davidson Resilience Scale will be used to assess the elderly's resilience level

2

Description

The satisfaction level of the elderly in Shiraz

Timepoint

Measuring the satisfaction level of the elderly will be one week before the educational intervention, one week after the intervention, and two months after the educational intervention.

Method of measurement

Life Satisfaction Index by Tobin et al

Intervention groups

1

Description

Control group: The elderly aged 60-70 in Farzanegan Foundation in Shiraz

Category

Behavior

2

Description

Intervention group: The elderly aged 60 to 70 in Farhikhtegan Alavi Center in Shiraz

Category

Behavior

Recruitment centers

1

Recruitment center

Name of recruitment center

Elderly Rehabilitation Center in Shiraz

Full name of responsible person

Roya Razavi

Street address

Ghasre Dasht St. Shahid Beheshti Blvd. next to Municipality Building

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity

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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

Shiraz 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

Shiraz University of Medical Sciences

Full name of responsible person

Zahra Taherkhani

Position

Master of science health aging

Latest degree

Bachelor

Other areas of specialty/work

Geriatrics

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Latest degree

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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