

Clinical Trial Protocol

Iranian Registry of Clinical Trials

17 Jun 2026

The effect of horticultural therapy on quality of life of elderly people admitted to day-care centers

Protocol summary

Study aim

The purpose of this study was to determine the effect of horticultural therapy on the quality of life of elderly people admitted to day-care centers

Design

This study is a randomized clinical trial without blinding. In this study, 60 elderly people are randomly divided into intervention and control groups.

Settings and conduct

This study is done in day care centers of Mehr and Mina Sari elderly. Sample size: 60 subjects divided into intervention and control groups. Intervention: At first, the demographic characteristics questionnaire and the quality of life of the Lipad questionnaire by the control and intervention group before the intervention will be completed by the researcher. Then, the intervention in gardening therapy will be held in 12 sessions for 6 weeks and each session of 30-45 minutes will be grouped together with the group of friends. It is worth mentioning that gardening is done in a pot and in daily centers. The first session involves familiarizing the members and expressing the logic and objectives of the training session. In the second session, familiarization with the seed and type of planting and how to irrigate. The third session of seed care training will be conducted in a group. The fourth session will be to visit the seeds and destroy the herbs. In the fifth session, the training is given and how the exploitation of the products is obtained. The sixth session will teach the properties of each seed to the elderly, Seventh session Review of planted vegetables and the attention of the elderly to their growth. The eighth session will teach the way of keeping vegetables, the ninth session of ripe vegetables is arranged and consumed and emphasized on the emotional relationship with plants. The tenth and eleventh sessions will be repeated like the ninth session. At the twelfth session of the Lipid Quality of Life Questionnaire, the results of all these meetings will be written and analyzed.

Participants/Inclusion and exclusion criteria

The criteria for entry in this study are as follows: Having more than 60 years of age. Ability to do daily activities, Having cognitive function, Visit the Center daily at least in the last three months, Interest in gardening activities, Loss of gardening activity for the elderly based on a doctor's diagnosis center. Exit criteria in this research include: Unwilling to participate in the study, being admitted to the hospital, Missing more than 2 sessions, No referral to the daily care center, Change location

Intervention groups

Elderly people referred to the elderly's daily home after sampling and checking the entry and exit criteria Which includes: ability to do daily activities based on score 12-16 based on the psychometric evaluation of the Persian version of the daily activities of the elderly (ADL tool) and obtaining score 11 to 14 based on the psychometric evaluation of the Persian version of the instrument for daily activities of the elderly (IADL tool), performance Cognitive based on a score of above 7 in the AMT cognitive status test. Referring to the daily center at least in the past three months and interested in gardening activities, there is no loss of gardening activities for the elderly based on the physician's diagnosis. Output criteria in this study include the reluctance to participate Study, hospitalization, more absenteeism From 2 sessions, there is no referral to the day care center and change location

Main outcome variables

Quality of Life

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20170611034454N3**

Registration date: **2018-02-17, 1396/11/28**

Registration timing: **retrospective**

Last update: **2018-02-17, 1396/11/28**

Update count: **0**

Registration date

2018-02-17, 1396/11/28

Registrant information

Name

Ehteram Sadat Ilali

Name of organization / entity

Mazandaran University of Medical Sciences

Country

Iran (Islamic Republic of)

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Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2017-12-30, 1396/10/09

Expected recruitment end date

2018-02-09, 1396/11/20

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effect of horticultural therapy on quality of life of elderly people admitted to day-care centers

Public title

horticultural therapy on quality of life

Purpose

Supportive

Inclusion/Exclusion criteria

Inclusion criteria:

Having more than 60 years of age Ability to do daily activities based on 12 to 16 scores based on psychometric evaluation of the Persian version of the daily activities of the elderly (ADL tool and score 11 to 14 based on psychometric evaluation of the Persian version of the instrument of everyday life activities of the elderly (IADL tool) Having cognitive function based on a score above 7 in the AMT cognitive status test Visit the Center daily at least in the last three months Interest in gardening activities Loss of gardening activity for the elderly based on a doctor's diagnosis center

Exclusion criteria:

Unwilling to participate in the study Lack of interest in gardening activities Change Place No referral to the daily care center

Age

From **60 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

Randomization is a simple randomization, a unit is individualized, and the randomization tool uses a random number table. For sampling, each statistic population will be given a two-way code, and the table will be written based on the Weston line. Based on the decision of the researcher, one starts from a point in the table and moves to the right, up, or down, or left, and the samples will move to Completion of the number will be selected in the same way

Blinding (investigator's opinion)

Not blinded

Blinding description

Placebo

Not used

Assignment

Parallel

Other design features

Clinical randomized trial

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Ethics Committee of Mazandaran University of Medical Sciences

Street address

Mazandaran University of Medical Sciences, (vice chancellor for research), Moallem Square

City

Sari

Province

Mazandaran

Postal code

4816715793

Approval date

2017-07-23, 1396/05/01

Ethics committee reference number

IR.MAZUMS.REC.1396.3170

Health conditions studied

1

Description of health condition studied

Quality of Life

ICD-10 code

ICD-10 code description

Primary outcomes

1

Description

Quality of Life

Timepoint

Before the intervention, after the intervention at the 12th session

Method of measurement

Lipad Quality of Life Questionnaire

Secondary outcomes

empty

Intervention groups

1

Description

Intervention group: Includes elderly people referred to one of the elderly care centers. Then, the intervention in gardening therapy will be held in 12 sessions for 6 weeks and each session of 30-45 minutes will be grouped together with the group of friends. The first session involves familiarizing the members and expressing the logic and objectives of the training session. In the second session, familiarization with the seed and type of planting and how to irrigate. The third session of seed care training will be conducted in a group. The fourth session will be to visit the seeds and destroy the herbs. In the fifth session, the training is given and how the exploitation of the products is obtained. The sixth session will teach the properties of each seed to the elderly, Seventh session Review of planted vegetables and the attention of the elderly to their growth. The eighth session will teach the way of keeping vegetables, the ninth session of ripe vegetables is arranged and consumed and emphasized on the emotional relationship with plants, The tenth and eleventh sessions will be repeated like the ninth session. At the twelfth session of the Lipad Quality of Life Questionnaire, the results of all these meetings will be written and analyzed. It is worth noting that vegetable work will be done in the pot.

Category

Other

2

Description

Control group: Includes elderly people who come to another center. No action will be taken for them, and routine care will receive daily centers, and only the questionnaires will be completed at the same time as the intervention group.

Category

Other

Recruitment centers

1

Recruitment center

Name of recruitment center

Day care center for the elderly SARA Mehr

Full name of responsible person

Fatemeh Alipour

Street address

Imam Reza Blvd., Imam Reza 4, Center for Comprehensive Rehabilitation of Sara Mehr

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2

Recruitment center

Name of recruitment center

Mina's Senior Day Care Center

Full name of responsible person

Fatemeh Alipour

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Myrzamani Street, Mina's Senior Citizen's Daily Center

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Mazandaran University of Medical Sciences

Full name of responsible person

Dr. Majid Saeedi

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Research Vice-President of Mazandaran University of Medical Sciences, Moalem Square,

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Web page address**Grant name****Grant code / Reference number****Is the source of funding the same sponsor organization/entity?**

Yes

Title of funding source

Sari 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**

Mazandaran University of Medical Sciences

Full name of responsible person

Fatemeh Alipour

Position

Graduate Student, Old age nursing

Latest degree

Bachelor

Other areas of specialty/work

Nursery

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Web page address**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

Not applicable

Informed Consent Form

Undecided - It is not yet known if there will be a plan to make this available

Clinical Study Report

Not applicable

Analytic Code

Not applicable

Data Dictionary
Not applicable