

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

17 Jun 2026

### The effect of group hope therapy on the quality of life in elderly

#### Protocol summary

##### Study aim

Determining the effect of group hope therapy on the quality of life of elderly people in Kashan in 1396

##### Design

This clinical trial study was performed on two groups of control and intervention that were randomly selected and blinded one by one.

##### Settings and conduct

clinical trial study in two experimental group (group of hope therapy) and control group (recipient of routine services of comprehensive health center) will be done in the elderly people covered by selected comprehensive health centers in Kashan(Akramian, moslem ebne aghil, sadeghpur).

##### Participants/Inclusion and exclusion criteria

including criteria: Satisfaction to participate in the study, Age 75-60 years old, Iranian citizenship, Can communicate in Persian language, Non-use of psychiatric drugs, Non-inclusion criteria: Having a cognitive and psychotic problem, High quality of life,

##### Intervention groups

elderly people between 60-75 years old

##### Main outcome variables

Way of life; quality of life

#### General information

##### Reason for update

##### Acronym

امید درمانی در سالمندان

##### IRCT registration information

IRCT registration number: **IRCT20180517039697N1**

Registration date: **2018-07-27, 1397/05/05**

Registration timing: **registered\_while\_recruiting**

Last update: **2018-07-27, 1397/05/05**

Update count: **0**

##### Registration date

2018-07-27, 1397/05/05

#### Registrant information

##### Name

Ghazale Jalali

##### Name of organization / entity

##### Country

Iran (Islamic Republic of)

##### Phone

+98 35 3724 2961

##### Email address

ebhpj@ssu.ac.ir

#### Recruitment status

##### Recruitment complete

#### Funding source

##### Expected recruitment start date

2018-07-23, 1397/05/01

##### Expected recruitment end date

2018-08-23, 1397/06/01

##### Actual recruitment start date

empty

##### Actual recruitment end date

empty

##### Trial completion date

empty

#### Scientific title

The effect of group hope therapy on the quality of life in elderly

#### Public title

The Effect of Hope Therapy on the Elderly

#### Purpose

Education/Guidance

#### Inclusion/Exclusion criteria

##### Inclusion criteria:

Satisfaction to participate in the study Age 75-60 years old Ability to communicate in Persian language Iranian nationality Earn less than 75 points (from a scale of 0-100) from the Lipad Quality of Life tool

##### Exclusion criteria:

Acute serious physical or psychological illness known psychological illness afflicted with mental retardation

cognitive impairment

### Age

From **60 years** old to **75 years** old

### Gender

Both

### Phase

N/A

### Groups that have been masked

- Data analyser

### Sample size

Target sample size: **56**

### Randomization (investigator's opinion)

Randomized

### Randomization description

The samples are randomly assigned blocks in the form of blocks 4, 6 and 8 to each of the two groups. Using the site [www.sealedenvelope.com](http://www.sealedenvelope.com) 3 blocks of 4 blocks, 4 blocks of 8 and 2 blocks of 6 were defined in total 9 blocks. The blocks are divided into 3 categories according to the list taken from the site (one third of the elementary, middle and end of the list) and randomly each block of blocks from a center will be considered

### Blinding (investigator's opinion)

Single blinded

### Blinding description

Data analysis will be done by people who do not have the code information.

### Placebo

Not used

### Assignment

Other

### Other design features

## Secondary Ids

empty

## Ethics committees

### 1

#### Ethics committee

##### Name of ethics committee

Ethics Committee of Kashan University of Medical Sciences

##### Street address

ghotbe ravavndi BLV

##### City

kashan

##### Province

Isfahan

##### Postal code

81151-87159

#### Approval date

2018-05-07, 1397/02/17

#### Ethics committee reference number

IR.KAUMS.NUHEPM.REC.1397.003

## Health conditions studied

### 1

#### Description of health condition studied

Quality of life

#### ICD-10 code

F59

#### ICD-10 code description

Unspecified behavioral syndromes associated with physiological disturbances and physical factors

## Primary outcomes

### 1

#### Description

quality of life

#### Timepoint

Immediately after the intervention and one month later

#### Method of measurement

lipad elderly quality of life questionnaire

## Secondary outcomes

empty

## Intervention groups

### 1

#### Description

Intervention group: The intervention group will receive 8 sessions of 90 minutes (weekly 2 sessions with a minimum of two days interval) by the third-party sponsor under the supervision of the first guide's mentor (Psychiatric Nurse), the Hope Therapy Program, which is based on the Schneider Protocol (1999). In the program, each session consists of four sections. In the first part, about 20 minutes are discussed about the activities and assignments of the past session, and the elderly are encouraged to help each other solve the problems associated with those assignments. It should be noted that during the first session, which still has no assignment, this section The session will be devoted to explaining the goal definition and its barriers, and the ways to achieve the goal and strategy of maintaining incentives. In the second part, about 20 minutes of hope skills are taught in three areas: goals, passages and factors; in the third part, which lasts about 40 minutes, discuss how to use these skills in everyday life. And people are encouraged to present issues in a clear and objective way and help each other to solve their hopes using their skills. In the final 10 minutes of the meeting, the assignments for the next meeting will be presented. At the eighth session, which is the last session of treatment, you will first review the past sessions and then explain how this process of treatment continues in personal life so as to prevent disappointment in everyday life.

#### Category

Lifestyle

## 2

### Description

Control group: After identifying the samples, They will receive routine center services (assessment of physical problems and related therapeutic interventions).

### Category

Lifestyle

## Recruitment centers

### 1

#### Recruitment center

**Name of recruitment center**

Comprehensive Health Centers

**Full name of responsible person**

Ghazale Jalali

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Ghotbe Ravandi BLV

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**Email**

ghazalejalali@yahoo.com

## Sponsors / Funding sources

### 1

#### Sponsor

**Name of organization / entity**

Kashan University of Medical Sciences

**Full name of responsible person**

Research Deputy of Kashan University of Medical Science

**Street address**

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ghazalejalali@yahoo.com

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

Yes

**Title of funding source**

Kashan University of Medical Sciences

**Proportion provided by this source**

50

**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**

Kashan University of Medical Sciences

**Full name of responsible person**

Ghazalejalali

**Position**

Nurse

**Latest degree**

Bachelor

**Other areas of specialty/work**

Nursery

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## Person responsible for scientific inquiries

### Contact

**Name of organization / entity**

Kashan University of Medical Sciences

**Full name of responsible person**

Khadijeh Sharifi

**Position**

Assistant Professor

**Latest degree**

Ph.D.

**Other areas of specialty/work**

Nursery

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## Person responsible for updating data

### Contact

**Name of organization / entity**

Kashan University of Medical Sciences

**Full name of responsible person**

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**Position**

Nurse

**Latest degree**

Bachelor

**Other areas of specialty/work**

Nursery

**Street address**

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**City**

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**Province**

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**Postal code**

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**Phone**

+98 31 5557 8010

**Email**

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## Sharing plan

**Deidentified Individual Participant Data Set (IPD)**

Yes - There is 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**

No - There is not a plan to make this available

**Clinical Study Report**

Yes - There is a plan to make this available

**Analytic Code**

Not applicable

**Data Dictionary**

Not applicable

**Title and more details about the data/document**

The data will be received in the form of a questionnaire from the participants and will eventually be shown in the table.

**When the data will become available and for how long**

6 month after publication

**To whom data/document is available**

for everyone who interested in subject

**Under which criteria data/document could be used**

no specific condition is required

**From where data/document is obtainable**

email to this address ghazalejalali@yahoo.com

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

Once the email is received, it will be answered.

**Comments**