

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 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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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

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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

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

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Full name of responsible person

Khadijeh Sharifi

Position

Assistant Professor

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Ph.D.

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Person responsible for updating data

Contact

Name of organization / entity

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Full name of responsible person

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Position

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Latest degree

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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