

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

27 Jun 2026

### Effect of Cognitive - Behavioral Group Therapy Based on Islamic Rules on Death Anxiety of Elderlies.

#### Protocol summary

##### Study aim

Aging of population is going to be one of the main challenges of Iran in the coming years and death anxiety is an important issue in this ages. Considering this point, the purpose of this study was to evaluate the effectiveness of Islamic based cognitive therapy on the death anxiety of the elderlies.

##### Design

Selection of 30 elderly person based on inclusion criteria and dividing them in two groups of intervention and control using simple random sampling approach.

##### Settings and conduct

- Effect of Cognitive - Behavioral Group Therapy Based on Islamic Rules on Death Anxiety of Elderlies referred to Jahandidegan-e- Shad Center - Collecting pre-test data using The Collet-Lester Fear of Death Scale (CL-FODS) . - Holding a 12 session group therapy by a psychologist specialized in group therapy and cognitive-behavioral therapy (1.5 hours per session) - Collecting post-test data using The (CL-FODS)

##### Participants/Inclusion and exclusion criteria

Inclusion Criteria: 1- Age over 60 years. 2 - Ability for speaking in Persian in meetings. 3. Not having psychiatric disorders and not using psychiatric drugs. 4. Not having cognitive impairments such as dementia . 5 - Education level equal or greater than guidance school. 6. Not being under counseling or other psychotherapy measures during the study period.

##### Intervention groups

Intervention Group: Collecting pre-test data using The Collet-Lester Fear of Death Scale(CL-FODS) Holding a 12 session group therapy by a psychologist specialized in group therapy and cognitive-behavioral therapy (1.5 hours per session) Collecting post-test data using The (CL-FODS). Control Group: Routine intervention during the study and then holding a 12 session group therapy by a psychologist specialized in group therapy and cognitive-behavioral therapy (1.5 hours per session).

##### Main outcome variables

Death anxiety

#### General information

##### Reason for update

##### Acronym

ADEGT

##### IRCT registration information

IRCT registration number: **IRCT20180705040359N1**

Registration date: **2018-08-04, 1397/05/13**

Registration timing: **retrospective**

Last update: **2018-08-04, 1397/05/13**

Update count: **0**

##### Registration date

2018-08-04, 1397/05/13

##### Registrant information

##### Name

Somayeh Salari mardhak

##### Name of organization / entity

##### Country

Iran (Islamic Republic of)

##### Phone

+98 21 2218 0083

##### Email address

somidaem1363@gmail.com

##### Recruitment status

**Recruitment complete**

##### Funding source

##### Expected recruitment start date

2017-12-22, 1396/10/01

##### Expected recruitment end date

2018-01-05, 1396/10/15

##### Actual recruitment start date

2017-12-22, 1396/10/01

##### Actual recruitment end date

2018-01-05, 1396/10/15

**Trial completion date**

empty

**Scientific title**

Effect of Cognitive - Behavioral Group Therapy Based on Islamic Rules on Death Anxiety of Elderlies.

**Public title**

Effect of Group Therapy on Death Anxiety of Elderlies.

**Purpose**

Supportive

**Inclusion/Exclusion criteria****Inclusion criteria:**

Age over 60 years. Ability for speaking in Persian. Not having psychiatric disorders and not using psychiatric drugs. Not having cognitive impairments such as dementia. Education level equal or greater than guidance school. Not being under counseling or other psychotherapy measures during the study period.

**Exclusion criteria:****Age**

From **59 years** old to **80 years** old

**Gender**

Both

**Phase**

N/A

**Groups that have been masked**

*No information*

**Sample size**

Target sample size: **30**

Actual sample size reached: **30**

**Randomization (investigator's opinion)**

Randomized

**Randomization description**

Simple random sampling using random digits table.

**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 Tehran University of Social Welfare and Rehabilitation Sciences

**Street address**

University of Social Welfare and Rehabilitation Sciences, Student Blvd, kodakyar alley.

**City**

Tehran

**Province**

Tehran

**Postal code**

1985713834

**Approval date**

2017-09-25, 1396/07/03

**Ethics committee reference number**

IR.USWR.REC.1397.014

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

Death Anxiety among elderlies.

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

Death Anxiety.

**Timepoint**

Before the intervention and at the end of the intervention (three months after beginning).

**Method of measurement**

The Collet-Lester Fear of Death Scale (CL-FODS).

**Secondary outcomes**

empty

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

Intervention group:First, a total of 30 elderly person were selected based on the inclusion criteria and divided equally between intervention and control groups applying simple random sampling approach. Then, pre-test data were collected using The Collet-Lester Fear of Death Scale. In the next stage, group therapy sessions were held by a psychologist specialized in group therapy and cognitive-behavioral therapy for the intervention group. Subjects, in intervention group, underwent religious-centered cognitive-behavioral group therapy for 12 sessions in a three months period (each session was 1.5 hours). Finally, the post-test data were collected using the same scale and were analyzed.

**Category**

Other

**2****Description**

Control group: Routine intervention were done for this group during the study. In order to ensure patients' rights and research ethics After completing data collection, a 12 sessions of religious-centered cognitive-behavioral group therapy (each session was 1.5 hours)

were conducted to this group in one and a half months period by a psychologist specialized in cognitive-behavioral group therapy.

**Category**

Other

**Recruitment centers**

**1**

**Recruitment center**

**Name of recruitment center**

Association of Jahandidegan-e- shad Tehran

**Full name of responsible person**

Somayeh Salari Mardhak

**Street address**

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Tehran

**Postal code**

1985713834

**Phone**

+98 21 2218 0132

**Email**

somidaem1363@gmail.com

**Sponsors / Funding sources**

**1**

**Sponsor**

**Name of organization / entity**

University of social welfare and rehabilitation sciences

**Full name of responsible person**

Somayeh Salari Mardhak

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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**

University of social welfare and rehabilitation 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**

University of social welfare and rehabilitation sciences

**Full name of responsible person**

Somayeh Salari mardhak

**Position**

MS Student of Geriatric Nursing.

**Latest degree**

Master

**Other areas of specialty/work**

Nursery

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**Person responsible for scientific inquiries**

**Contact**

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**Person responsible for updating data****Contact****Name of organization / entity**

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

Yes - There is a plan to make this available

**Study Protocol**

Yes - There is a plan to make this available

**Statistical Analysis Plan**

Yes - There is a plan to make this available

**Informed Consent Form**

Yes - There is a plan to make this available

**Clinical Study Report**

Yes - There is a plan to make this available

**Analytic Code**

Yes - There is a plan to make this available

**Data Dictionary**

Yes - There is a plan to make this available

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

Descriptive and Inferential Findings and Intervention Package.

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

Access start: 6 months after publishing the results.

**To whom data/document is available**

Universities and Scientific institutes - Centers for treatment and caring of elderlies- Health Professionals.

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

- The Goal of this study was improving the quality of life of the elderlies - The results might be applied by counselors of senior homes, elder rehabilitation centers, and counseling and psychology clinics.

**From where data/document is obtainable**

Digital Library portal of the University of Social Welfare & Rehabilitation.

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

Register in the Digital Library of Tehran University of Social Welfare and Rehabilitation Sciences.

**Comments**