

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

10 Jul 2026

### The Effect of Teaching Communication Skills in the Elderly Cares and Elderly on Healthy Elderly Life Style

#### Protocol summary

##### Study aim

The aim of this study was to determine the effect of caring and elderly communication skills training on healthy lifestyle in the elderly in Khorzugh, Isfahan province.

##### Design

Semi-experimental interventional study. Using stratified sampling method, 140 elderly people from two elderly districts of Khorzooq city of Isfahan province with entry criteria such as age 60 and informed consent for participation in the study were included in the study population. Then, the samples were entered by sampling method. The random allocation was divided into two groups of 70 (70 in the control and 40 in the intervention group), and the participants were assured that the information collected was strictly confidential for the purposes of the study.

##### Settings and conduct

In Khorzugh county, Isfahan province. By Stratified sampling for general sampling and available sampling for selecting intervention and control groups

##### Participants/Inclusion and exclusion criteria

Entry requirements: Interesting and satisfying to participate in the research (obtaining informed consent)  
Age 60 and above  
The absence of cognitive and psychological disorders  
Failure to enter: Disclaimer of continued cooperation  
Not attending a meeting of interpersonal communication skills training carers  
Elderly feet  
Completed incomplete questionnaire

##### Intervention groups

Intervention group: 3 sessions (60 minutes) of interpersonal communication skills training course with lecture method and group discussions was held for carers' test group and 3 sessions (60 minutes) for elderly patients in 4 weeks. Two months after the intervention, The post-test was performed and the training was evaluated by the questionnaire two months after the training. The intervention group was asked to provide this information to the control group until the end of

training.

##### Main outcome variables

Lifestyle

#### General information

##### Reason for update

##### Acronym

##### IRCT registration information

IRCT registration number: **IRCT20180514039653N1**

Registration date: **2018-09-06, 1397/06/15**

Registration timing: **retrospective**

Last update: **2018-09-06, 1397/06/15**

Update count: **0**

##### Registration date

2018-09-06, 1397/06/15

##### Registrant information

##### Name

Marjan Bagheri

##### Name of organization / entity

Tarbiat Modares University

##### Country

Iran (Islamic Republic of)

##### Phone

+98 31 3522 0830

##### Email address

marjan\_bagheri@modares.ac.ir

##### Recruitment status

**Recruitment complete**

##### Funding source

##### Expected recruitment start date

2018-03-09, 1396/12/18

##### Expected recruitment end date

2018-04-28, 1397/02/08

##### Actual recruitment start date

2018-03-09, 1396/12/18

**Actual recruitment end date**

2018-05-13, 1397/02/23

**Trial completion date**

2018-07-16, 1397/04/25

**Scientific title**

The Effect of Teaching Communication Skills in the Elderly Cares and Elderly on Healthy Elderly Life Style

**Public title**

The Effect of Teaching Communication Skills in the Elderly Cares and Elderly on Healthy Elderly Life Style

**Purpose**

Supportive

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

Interesting and satisfying to participate in the research (obtaining informed consent) Age 60 and above The absence of cognitive and psychological disorders Earn less than 135 points from Healthy Walker Life Style Inventory Earn less than 103 points out of the Quindam Communication Skill Questionnaire

**Exclusion criteria:**

Disclaimer of continued cooperation Not attending a meeting of interpersonal communication skills training sessions Elderly feet Completed incomplete questionnaire

**Age**

From **60 years** old

**Gender**

Both

**Phase**

N/A

**Groups that have been masked**

*No information*

**Sample size**

Target sample size: **160**

Actual sample size reached: **150**

**Randomization (investigator's opinion)**

Randomized

**Randomization description**

Random assignment available

**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**

کمیته اخلاق در پژوهش های زیست پزشکی دانشگاه تربیت مدرس

**Street address**

Tarbiat Modares University, Jalal Ale Ahmad Highway, Faculty of medicine, Tehran, Iran

**City**

Tehran

**Province**

Tehran

**Postal code**

1411713116

**Approval date**

2017-12-19, 1396/09/28

**Ethics committee reference number**

IR:TMU.REC.1396.662

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

Life Style

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

Life Style

**Timepoint**

Before and two months after the intervention

**Method of measurement**

Questionnaire

**Secondary outcomes****1****Description**

Communication Skills

**Timepoint**

Before and two months after the intervention

**Method of measurement**

Questionnaire

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

Intervention group: 3 sessions (60 minutes) of interpersonal communication skills training course with lecture method and group discussions was held for carers' test group and 3 sessions (60 minutes) for elderly patients in 4 weeks. Two months after the intervention, The post-test was performed and the training was evaluated by the questionnaire two months after the training. The intervention group was asked to provide this information to the control group until the end of training.

**Category**

## Recruitment centers

### 1

#### Recruitment center

##### Name of recruitment center

A case of elderly patients referred to mosques and parks in the Khorzugh, Isfahan

##### Full name of responsible person

marjan bagheri

##### Street address

In Two different regions of the city

##### City

Khorzugh

##### Province

Isfahan

##### Postal code

0

##### Phone

+98 31 4546 6808

##### Email

marjan\_bagheri@modares.ac.ir

## Sponsors / Funding sources

### 1

#### Sponsor

##### Name of organization / entity

Tarbiat Modares University

##### Full name of responsible person

Dr Jafarian

##### Street address

Tarbiat Modares University, Jalal Ale Ahmad Highway, Faculty of medicine, Tehran, Iran

##### City

Tehran

##### Province

Tehran

##### Postal code

1411713116

##### Email

marjan\_bagheri@modares.ac.ir

##### Grant name

##### Grant code / Reference number

##### Is the source of funding the same sponsor organization/entity?

Yes

##### Title of funding source

Tarbiat Modares University

##### 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

## Person responsible for general inquiries

### Contact

#### Name of organization / entity

Tarbiat Modares University

#### Full name of responsible person

Shamsaddin Niknami

#### Position

Professor

#### Latest degree

Ph.D.

#### Other areas of specialty/work

Health Promotion

#### Street address

Tarbiat Modares University, Jalal Ale Ahmad Highway, Faculty of medicine, Tehran, Iran

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## Person responsible for scientific inquiries

### Contact

#### Name of organization / entity

Tarbiat Modares University

#### Full name of responsible person

Marjan Bagheri

#### Position

MSc student

#### Latest degree

Master

#### Other areas of specialty/work

Health Promotion

#### Street address

No. 31, Shahid zare Ave, Jay Street, Ahmadabad Street.

#### City

Esfahan

#### Province

Isfahan

#### Postal code

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#### Phone

+98 31 3522 0830

#### Fax

#### Email

behmari127@gmail.com

## Person responsible for updating data

### Contact

#### Name of organization / entity

Tarbiat Modares University

**Full name of responsible person**

Marjan Bagheri

**Position**

MSc student

**Latest degree**

Master

**Other areas of specialty/work**

Health Promotion

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**Email**

behmari127@gmail.com

## 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