

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

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Email

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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

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

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Person responsible for scientific inquiries

Contact

Name of organization / entity

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Full name of responsible person

Marjan Bagheri

Position

MSc student

Latest degree

Master

Other areas of specialty/work

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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

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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