Clinical Trial Protocol
Iranian Registry of Clinical Trials

07 Nov 2026

Evaluating effectiveness of mindfulness based cognitive therapy on depression, self efficacy & quality of life of older adults

Protocol summary

Study aim
Determine the Effectiveness MBCT method of Depression in the Elderly Living at Home Determine the Effectiveness MBCT method of quailty of life in the Elderly Living at Home Determine the Effectiveness MBCT method of self- efficacy in the Elderly Living at Home

Design
this study is a case- study that is used by every subject as his or hir own control

Settings and conduct
the study is conducted in two elderly care centers and is a case study.

Participants/Inclusion and exclusion criteria
subjects should have mild depression the age of the subjects is between 60 to 70 years residing in home.(do not sit in the elderly boarding rooms) they should be cognitively healthy to be present at meetings with informed consent

Intervention groups
the intervention group in this study is a group of elderly who have the effectiveness of the mbct method on depression, quality of life and self- efficacy are measured

Main outcome variables
intervention are likely to reduce depression in the elderly.

General information

Reason for update

Acronym

IRCT registration information
IRCT registration number: **IRCT20181022041420N1**
Registration date: **2019-04-16, 1398/01/27**
Registration timing: **prospective**

Last update: **2019-04-16, 1398/01/27**
Update count: **0**

Registration date
2019-04-16, 1398/01/27

Registrant information
Name
Samad Azizi
Name of organization / entity
Country
Iran (Islamic Republic of)
Phone
+98 21 5574 2133
Email address
samad.azizi70@yahoo.com

Recruitment status
Recruitment complete

Funding source

Expected recruitment start date
2019-04-21, 1398/02/01

Expected recruitment end date
2019-05-05, 1398/02/15

Actual recruitment start date
empty

Actual recruitment end date
empty

Trial completion date
empty

Scientific title
Evaluating effectiveness of mindfulness based cognitive therapy on depression, self efficacy & quality of life of older adults

Public title
Evaluating effectiveness of mindfulness based cognitive therapy on depression, self efficacy & quality of life of older adults

Purpose
Supportive

Inclusion/Exclusion criteria
Inclusion criteria:

En subjects should have mild depression the age of the subjects is between 60 to 70 years residing in home.(do not sit in the elderly boarding rooms) they should be cognitively healthy to be present at meetings with informed consent.

Exclusion criteria:

En have sever or moderate depression have alcohol and drugs consumption have more than two absentee session in the process of treatment Discontinue treatment for any reason

Age

From **60 years** old to **70 years** old

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **4**

Randomization (investigator's opinion)

N/A

Randomization description

Blinding (investigator's opinion)

Not blinded

Blinding description

Placebo

Not used

Assignment

Single

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

National Ethics Committee for Biomedical Research

Street address

university of rehabilation sciences and social welfare, childhood stalemate, student Boulevard, evin

City

TEHRAN

Province

Tehran

Postal code

1985713871

Approval date

2019-01-18, 1397/10/28

Ethics committee reference number

IR.USWR.REC.1397.149

Health conditions studied

1

Description of health condition studied

quality of life

ICD-10 code

ICD-10 code description

2

Description of health condition studied

self- efficacy

ICD-10 code

ICD-10 code description

3

Description of health condition studied

Mild depression

ICD-10 code

F 32.0

ICD-10 code description

In typical mild, moderate, or severe depressive episodes, the patient suffers from lowering of mood, reduction of energy, and decrease in activity. Capacity for enjoyment, interest, and concentration is reduced, and marked tiredness after even minimum eff

Primary outcomes

1

Description

Depression score of 8 and above in beck questionnaire

Timepoint

Before the intervention begins and at session 3, 6, 8 and follow up

Method of measurement

Beck Depression Inventory

2

Description

self- efficacy

Timepoint

Before the intervention begins and at session 3, 6, 8 and follow up

Method of measurement

Schwarzers Generic Commitment Questionnaire

3

Description

Quality of life

Timepoint

Before the intervention begins and at session 3, 6, 8 and follow up

Method of measurement

Lipid Quality of life Questionnaire

Secondary outcomes

empty

Intervention groups

1

Description
Intervention group: in this study, the intervention group is a number of elderly which is based on mbct method.in this study, the elderly are selected based on purpose of two daily rehabilitation centers for the elderly and شایان, and after taking the base line with multiple execution questionnaires, the quality of life of لیپاد and self - efficacy based on awareness - based cognitive therapy is performed on sample individuals to study changes and effects of study during a certain process.

Category
Rehabilitation

Recruitment centers

1

Recruitment center

Name of recruitment center
Elder day care center Yas

Full name of responsible person
Ms. Dr. Shirazikhah

Street address
Yas center, Alstom power plant,Sattar khan street,Tehran

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2

Recruitment center

Name of recruitment center
Arman shayan day care

Full name of responsible person
Mr. D.r Davat garan

Street address
Arman Shayan Day care, Behnam Street, Second square of Sadeghieh, Tehran

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity
University of social welfare and rehabilitation sciences

Full name of responsible person
D.r Mohammad Reza Khoday Ardakani

Street address
University of rehabilation sciences and social welfare,Childhood stalemate, Student Boulevard, Evin

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kh.ardakani@uswr.ac.ir

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
Samad Azizi

Position
Phd student

Latest degree
Master

Other areas of specialty/work
Rehabilitation counseling

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Person responsible for updating data

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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