

Clinical Trial Protocol

Iranian Registry of Clinical Trials

28 May 2026

Evaluating effectiveness of life review treatment on depression, self efficacy & quality of life of elderly

Protocol summary

Study aim

Determine the Effectiveness of life review treatment on depression, quality of life and self efficacy in the elderly living at home.

Design

A group of 4 elderly people have been selected as targeted and available samples. It is a single case study that each subject is also used as his/her control.

Settings and conduct

This study is conducted on elderly people living in the home who are referred to day care centers of the elderly on a daily basis. Four elderly people are Target-based selected and the method of treatment is review of life. Before the intervention, depression, quality of life and self-efficacy are obtained as base line and then during 3, 6, 8th and follow-up sessions. These questionnaires are completed by individuals.

Participants/Inclusion and exclusion criteria

Inclusion criteria: All Elderly people over the age of 60 and staying at home. Exclusion criteria: severe or moderate depression.

Intervention groups

Four participants for whom life review method is performed.

Main outcome variables

Depression; self- efficacy and quality of life in the elderly

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20181022041420N2**

Registration date: **2019-05-05, 1398/02/15**

Registration timing: **retrospective**

Last update: **2019-05-05, 1398/02/15**

Update count: **0**

Registration date

2019-05-05, 1398/02/15

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 life review treatment on depression, self efficacy & quality of life of elderly

Public title

Evaluating effectiveness of life review treatment on depression, self efficacy & quality of life of older adults

Purpose

Supportive

Inclusion/Exclusion criteria

Inclusion criteria:

subjects should have mild depression the age of the subjects is between 60 to 70 years living in their homes

(not be in the elderly boarding institutes) they should have intact cognition function informed consent

Exclusion criteria:

have sever or moderate depression drink alcohol or drug abuse have more than two absence from sessions 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 welfare and Rehabilitation sciences,
Koodakyar deadend, Student boulevard. Evin

City

Tehran

Province

Tehran

Postal code

1985713871

Approval date

2019-01-08, 1397/10/18

Ethics committee reference number

IR.USWR.REC.1397.149

Health conditions studied

1

Description of health condition studied

Mild depression

ICD-10 code

ICD-10 code description

Primary outcomes

1

Description

Depression

Timepoint

at the beginning of the study and at session 3, 6, 8

Method of measurement

Beck Depression inventory

2

Description

Elderly self- efficacy

Timepoint

at the beginning of the study and at session 3, 6, 8

Method of measurement

General Self Efficacy- 10 Schwarzer and Jarocalem

3

Description

the quality of life of the elderly

Timepoint

at the beginning of the study and at session 3, 6, 8

Method of measurement

Lipad quality of life questionnaire

Secondary outcomes

empty

Intervention groups

1

Description

Intervention group: Intervention in this study, which is a method of treatment for the review of life, consists of eight sessions that begin with an exclusive interview, and then, by asking questions from the first to the eighth sessions about the past, the subject encouraged him to engage in a thorough and careful examination of the past. do educated during the eight sessions of training and follow-up Until the bitter and sweet experiences of the past that he has not been able to successfully accept and go, recalls the problem. The key factor in this way is to use detailed questions in each session, in accordance with the stages of life from childhood to adolescence and adolescence.

Category

Rehabilitation

Recruitment centers

1

Recruitment center

Name of recruitment center

Elder Day Care Center Yas
Full name of responsible person
Ms. D.R Shirazikhah
Street address
Yas center, Alstom Power Plant,Sattar khan street,
Tehran
City
Tehran
Province
Tehran
Postal code
1985713871
Phone
+98 21 4428 0429
Email
samad.azizi70@yahoo.com

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
City
Tehran
Province
Tehran
Postal code
1985713871
Phone
+98 21 4402 3819
Email
samad.azizi70@yahoo.com

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 Rehabilitation Sciences and Social
Welfare, Childhood stalemate, Student Boulevard,
Evin
City
Tehran
Province
Tehran
Postal code
1985713871
Phone
+98 21 2218 0140
Email
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
Street address
No 4 , west poorsan ave, goolstani street, beryanak
square.
City
Tehran
Province
Tehran
Postal code
1356646171
Phone
+98 21 5574 2133
Fax
Email
Samad.azizi70@yahoo.com

Person responsible for scientific 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
Street address
No 4 , west poorsan ave, goolstani street, beryanak

square.
City
Tehran
Province
Tehran
Postal code
1356645171
Phone
+98 21 5574 2133
Fax
Email
Samad.azizi70@yahoo.com

Person responsible for updating data

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
Street address
No 4 , west poorsan ave, goolstani street, beryanak square.
City
Tehran
Province

Tehran
Postal code
1356645171
Phone
+98 21 5574 2133
Fax
Email
Samad.azizi70@yahoo.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