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

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Phone

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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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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

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Person responsible for scientific inquiries

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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