

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

16 Sep 2026

### Effect of group structured reminiscence therapy on quality of life and self-efficacy in everyday activities in older adults

#### Protocol summary

##### Summary

**Objectives:** The purpose of this study is to evaluate structured reminiscence therapy on quality of life and self-efficacy in everyday activities in people 60 years and older. **Design:** Participants are selected from healthy elderly men and women, aged 60 and elders, in elderly day centers. 44 participants are randomly assigned into control or intervention group by coded envelop. **Setting and conduct:** Evaluations are done three times before and after the intervention, and a month after intervention by a trained Occupational Therapist who is blind to type of group. **Participants:** Subjects must have Cognitive, Vision, and Hearing health and can read and write in Persian. **Intervention:** After the baseline assessments, treatment sessions are given, 2 sessions per week, each session about 60-90 minutes for 10 sessions. Each session of Treatment includes: Reminiscence therapy sessions are structured as memories of childhood, adolescence, family, adult and is a summary of all your life. **Main outcome measures:** Older People's Quality of Life questionnaire and Self-Efficacy Scale for Everyday Activities in Older Adults

#### General information

##### Acronym

##### IRCT registration information

IRCT registration number: **IRCT201705153551N5**

Registration date: **2017-06-11, 1396/03/21**

Registration timing: **registered\_while\_recruiting**

Last update:

Update count: **0**

##### Registration date

2017-06-11, 1396/03/21

##### Registrant information

**Name**

Parvin Raji

##### Name of organization / entity

Tehran University of Medical Sciences

##### Country

Iran (Islamic Republic of)

##### Phone

+98 21 7753 8798

##### Email address

praji@tums.ac.ir

##### Recruitment status

**Recruitment complete**

##### Funding source

Vice chancellor for education, Tehran University of Medical Sciences

##### Expected recruitment start date

2017-05-22, 1396/03/01

##### Expected recruitment end date

2017-09-23, 1396/07/01

##### Actual recruitment start date

empty

##### Actual recruitment end date

empty

##### Trial completion date

empty

##### Scientific title

Effect of group structured reminiscence therapy on quality of life and self-efficacy in everyday activities in older adults

##### Public title

Effect of group structured reminiscence therapy on quality of life and self-efficacy in everyday activities in older adults

##### Purpose

Prevention

##### Inclusion/Exclusion criteria

Inclusion criteria: Seniors 60 years and older referred to elderly day centers; MMSE score higher than 21; Lack of Psychological problems and Experience severe stressful

events in the past 6 months. Exclusion criteria: The absence of more than two times in therapy sessions; Lack of severe vision and hearing problems; Catching vision and hearing impairment that is not correctable with glasses and hearing aids; No intention to continue cooperation in research

#### Age

From **60 years** old

#### Gender

Both

#### Phase

N/A

#### Groups that have been masked

No information

#### Sample size

Target sample size: **44**

#### Randomization (investigator's opinion)

Randomized

#### Randomization description

#### Blinding (investigator's opinion)

Single blinded

#### Blinding description

#### Placebo

Not used

#### Assignment

Parallel

#### Other design features

## Secondary Ids

empty

## Ethics committees

### 1

#### Ethics committee

##### Name of ethics committee

Ethics committee of Tehran University of Medical Sciences

##### Street address

Tehran University of Medical Sciences, Poursina St, Ghods St, Keshavarz Blvd

##### City

Tehran

##### Postal code

#### Approval date

2017-05-03, 1396/02/13

#### Ethics committee reference number

IR.TUMS.FNM.REC.1396.2206

## Health conditions studied

### 1

#### Description of health condition studied

people 60 years and older

#### ICD-10 code

G30

#### ICD-10 code description

Alzheimer disease

## Primary outcomes

### 1

#### Description

Quality of Life

#### Timepoint

before intervention, after intervention, A month after intervention

#### Method of measurement

Older People's Quality of Life questionnaire (OPQOL)

## Secondary outcomes

### 1

#### Description

Self-Efficacy for Everyday Activities

#### Timepoint

before intervention, after intervention, a month after intervention

#### Method of measurement

Self-Efficacy Scale for Everyday Activities in Older Adults

## Intervention groups

### 1

#### Description

structured reminiscence therapy

#### Category

Rehabilitation

## Recruitment centers

### 1

#### Recruitment center

##### Name of recruitment center

elderly day care centers

##### Full name of responsible person

Javad Niazzi Khatoon

##### Street address

##### City

Tehran

## Sponsors / Funding sources

### 1

#### Sponsor

##### Name of organization / entity

Vice chancellor for education, Tehran University of Medical Sciences

##### Full name of responsible person

Dr Mohammad Jalili

##### Street address

Vice chancellor for education, 7th floor, Tehran University of Medical Sciences, Ghods St., Keshavarz Blvd, Tehran

##### City

Tehran  
**Grant name**  
**Grant code / Reference number**  
**Is the source of funding the same sponsor organization/entity?**  
 Yes  
**Title of funding source**  
 Vice chancellor for education,Tehran University of Medical Sciences  
**Proportion provided by this source**  
 100  
**Public or private sector**  
 empty  
**Domestic or foreign origin**  
 empty  
**Category of foreign source of funding**  
 empty  
**Country of origin**  
**Type of organization providing the funding**  
 empty

## Person responsible for general inquiries

**Contact**  
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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)**  
 empty  
**Study Protocol**  
 empty  
**Statistical Analysis Plan**  
 empty  
**Informed Consent Form**  
 empty  
**Clinical Study Report**  
 empty  
**Analytic Code**  
 empty  
**Data Dictionary**  
 empty