

Clinical Trial Protocol

Iranian Registry of Clinical Trials

18 Sep 2026

Effectiveness of reminiscence on the level of mental health and happiness in elderly patients under haemodialysis

Protocol summary

Study aim

This study aims to determine the effectiveness of group memorization on the level of mental health and happiness of elderly patients in the educational centers of North Khorasan in 1396.

Design

clinical trial

Settings and conduct

The present study is a clinical trial and pre-test-post-test with the aim of determining the effectiveness of memorizing on mental health and happiness of elderly in hemodialysis centers. In this research, the total elderly population under hemodialysis was selected as the research population

Participants/Inclusion and exclusion criteria

The researcher was introduced to the haemodialysis centers with a letter from the research deputy of North Khorasan University of Medical Sciences. Conditions for participation in research for samples, aged over 60, having a history of dialysis for more than three months, lack of clinical diagnosis of mental illness in a hospitalized case during haemodialysis, and not receiving antidepressants and substance abuse drugs, lack of participation in psychological groups and desire To enter the study. The elderly participated in the emergence of signs and symptoms of the crisis during the review of the occurrence of life, the absence of three sessions of research and the reluctance of individuals to continue to cooperate with the sample.

Intervention groups

The necessary co-ordination memorandum sessions were held with each group of interventions. The physical environment of the room sessions was chosen at the respective treatment centers and the time was taken out of dialysis patients. The memorable sessions were then held for four weeks at sixty-minute meetings twice a week, according to the Stinson Protocol

Main outcome variables

Mental Health and Happiness

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20190102042214N1**

Registration date: **2019-02-18, 1397/11/29**

Registration timing: **retrospective**

Last update: **2019-02-18, 1397/11/29**

Update count: **0**

Registration date

2019-02-18, 1397/11/29

Registrant information

Name

Aliasghar Shams abadi

Name of organization / entity

Country

Iran (Islamic Republic of)

Phone

+98 58 3723 9483

Email address

dialis.esfarayen@gmail.com

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2017-12-22, 1396/10/01

Expected recruitment end date

2018-02-18, 1396/11/29

Actual recruitment start date

2017-12-22, 1396/10/01

Actual recruitment end date

2018-03-06, 1396/12/15

Trial completion date

2018-03-06, 1396/12/15

Scientific title

Effectiveness of reminiscence on the level of mental health and happiness in elderly patients under haemodialysis

Public title

The effect of reminiscence in mental health in patients under hemodialysis.

Purpose

Education/Guidance

Inclusion/Exclusion criteria

Inclusion criteria:

Conditions for participation in research for samples, aged over 60, having a history of dialysis for more than three months, lack of clinical diagnosis of mental illness in a hospitalized case during haemodialysis, and not receiving antidepressants and substance abuse drugs, lack of participation in psychological groups and desire To enter the study.

Exclusion criteria:

The elderly participated in the emergence of signs and symptoms of the crisis during the review of the occurrence of life, the absence of three sessions of research and the reluctance of individuals to continue to cooperate with the sample.

Age

From **60 years** old

Gender

Both

Phase

N/A

Groups that have been masked

- Data analyser

Sample size

Target sample size: **70**

Actual sample size reached: **60**

Randomization (investigator's opinion)

Randomized

Randomization description

According to the type of study, randomization of the subjects in two groups, the list of these individuals was done after coding. At first, thirty items were withdrawn for the intervention group and the remaining thirty were considered for the control group. In this way, the samples were randomly allocated to the groups

Blinding (investigator's opinion)

Single blinded

Blinding description

The names of people in the spss file are coded as encoded.

Placebo

Not used

Assignment

Other

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Ethics committee of north khorasan University of Medical Sciences

Street address

Emam reza ave.

City

Bojnourd

Province

North Khorasan

Postal code

9661764791

Approval date

2017-12-23, 1396/10/02

Ethics committee reference number

IR.NKUMS.REC.1396.51

Health conditions studied

1

Description of health condition studied

Patients under hemodialysis

ICD-10 code

ICD-10 code description

Primary outcomes

1

Description

The Beck Depression Inventory framework is made up of 29 items of four items (20 items from the previous scale and 9 items revised), which is answered on a six-point Likert Scale. Oxford Happiness Scale A new form (OHQ) for each question is a score of 1 to 6, for each component a score and for the entire test, also a score that indicates the level of happiness of the person. The highest score one person can receive in this questionnaire is 174 and the lowest is 29. Higher scores mean more happiness.

Timepoint

The assessment will be carried out before and after the intervention. After one month, follow up.

Method of measurement

Demographics, general health and happiness questionnaires of Oxford were completed by all individuals and their mean score was considered as the mean of pre-test scores. In order to hold memorization sessions, the necessary coordination was done with each group of interventions. The memorable sessions were then held for four weeks at sixty-minute meetings twice a week, according to the Stinson Protocol. The first meeting began with the introduction of contributors to each other by their own. The researcher also provided information on his work and merits to get closer to the participants, then on the concepts used in each session and the preparation for each session. Meetings were

organized with specific topics, and people focused on different items during the recounting of memories in each session. The topics of the memorial sessions are such as childhood memories, the presentation of the memories of the period of education, the talk about the memories of youth and soldiers, the recollection of the memories of the marriage and the birth of children, talking about memories from parents and friends, expressing memories of holidays, travels and experiences. Job was the talk of the special and important events of the past. The sessions were run by a researcher and a dialysis nurse and the facilitator facilitated the group's interaction during the sessions. Patients were encouraged to recall memories and discussions. The people, with the help of the researcher, after the end of each discussion, interpreted and evaluated the material, meaning what they had been doing and merged them with their present life. At the end of each session, the subject of the next meeting was also reminded, and the participants were advised to be prepared for the subject of the next meeting. The last meeting participants talked about their experiences with the group and shared their latest memories about the topics discussed at the previous sessions. Summarizing and providing feedback to the researcher was done on the topics discussed at the previous sessions. At the end of the last session, Goldberg General Health and Oxford Happiness Questionnaires were again completed by the members of the group and their mean score was considered as a post-test score. During this period, care was taken for the control group, but no intervention was performed. At the end of the eighth session in the control group, the questionnaires were completed again and were considered as a post-test score. One month after the end of the sessions, the tools reviewed in the pre-test were completed in both groups.

Secondary outcomes

1

Description

Happiness and mental health score

Timepoint

Before intervention. After intervention. Follow up one month later

Method of measurement

Demographic information questionnaire, Goldberg General Health (GHQ-28) and Oxford Happiness (OHQ) were used for data collection.

Intervention groups

1

Description

Intervention group: Memory sessions based on the Stinson protocol were held sixty-minute meetings twice a week for four weeks.

Category

Behavior

Recruitment centers

1

Recruitment center

Name of recruitment center

Imam Ali Bojnourd Educational Center Imam Khomeini Esfarayen Hospital

Full name of responsible person

Ali asghar shamsabadi

Street address

Esfarayen Imam Reza Street Imam Khomeini Therapeutic Training Center

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dialis.esfarayen@gmail.com

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Bojnourd University of Medical Sciences

Full name of responsible person

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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

Bojnourd University of Medical 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

Bojnourd University of Medical Sciences

Full name of responsible person

Aliasghar shamsabadi

Position

Student of msc

Latest degree

Master

Other areas of specialty/work

Nursery

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Person responsible for scientific inquiries

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Full name of responsible person

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Position

msc

Latest degree

Master

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Person responsible for updating data

Contact

Name of organization / entity

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Full name of responsible person

Aliasghar shamsabadi

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Latest degree

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Sharing plan

Deidentified Individual Participant Data Set (IPD)

No - There is not a plan to make this available

Justification/reason for indecision/not sharing IPD

No more information.

Study Protocol

No - There is not a plan to make this available

Statistical Analysis Plan

Not applicable

Informed Consent Form

No - There is not a plan to make this available

Clinical Study Report

No - There is not a plan to make this available

Analytic Code

No - There is not a plan to make this available

Data Dictionary

No - There is not a plan to make this available