Clinical Trial Protocol
Iranian Registry of Clinical Trials

08 Nov 2026

Comparison of the effectiveness of mindfulness based cognitive therapy and life review on depression, self efficacy & quality of life of older adults.

Protocol summary

Study aim

Comparison of the effectiveness of Mindfulness based cognitive therapy and treatment of life-review on depression, quality of life and self-efficacy of elders Resident in home. Comparison of the effectiveness of Mindfulness based cognitive therapy and treatment of life-Review on depression in elderly elders Resident in home. Comparison of the effectiveness of Mindfulness based cognitive therapy and treatment of life review on the quality of life of elders Resident in home. Comparison of the effectiveness of Mindfulness based cognitive therapy and treatment of life-Review on the self-efficacy of elders Resident in home.

Design

In this study, the Sample Subjects were divided into two groups of four, and two types of lifestyle and cognitive-based cognitive-behavioral interventions were performed randomly and their effectiveness on quality of life, depression and self-efficacy was investigated. Takes. Because the study is a case in point, each individual is actually calculated as its own control.

Settings and conduct

The place of study is in two elderly day care centers in Tehran.

Participants/Inclusion and exclusion criteria

Sample 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 groups in fact are two types of psychotherapy that are conducted in a case study to compare their effectiveness on two groups of elderly people. Dependent variables in this study are depression, quality of life and self-efficacy in the elderly, which the effects of psychotherapy on them are studied.

Main outcome variables

depression in the elderly the quality of life of the elderly Self - efficacy of the elderly

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20181022041420N3**
Registration date: **2019-10-18, 1398/07/26**
Registration timing: **retrospective**

Last update: **2019-10-18, 1398/07/26**
Update count: **0**

Registration date

2019-10-18, 1398/07/26

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
Comparison of the effectiveness of mindfulness based cognitive therapy and life review on depression, self efficacy & quality of life of older adults.

Public title
Comparison of the effectiveness of mindfulness based cognitive therapy and life review 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 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:
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: **8**
Randomization (investigator's opinion)
Not randomized
Randomization description
Blinding (investigator's opinion)
Not blinded
Blinding description
Placebo
Not used
Assignment
Crossover
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
F32.0
ICD-10 code description
Mild depressive episode

Primary outcomes

1

Description
Mild Depression: People who score in the Beck Score 8 or higher
Timepoint
Before the intervention, during the third, sixth, and eighth sessions, during the follow-up session after intervention
Method of measurement
Beck Depression Inventory

2

Description
The quality of life of the elderly
Timepoint
Before the intervention, during the third, sixth, and eighth sessions, during the follow-up session after intervention
Method of measurement
Lipid Quality of Life Questionnaire

3

Description
Elderly self-efficacy
Timepoint
Before the intervention, during the third, sixth, and eighth sessions, during the follow-up session after intervention
Method of measurement
Schwarzer Public Self-efficacy Inventory

Secondary outcomes

empty

Intervention groups

1

Description
Intervention groups. In this study, two groups of 4 elderly people are selected for intervention, the first intervention group consisting of 4 people who receive life-review treatment
Category
Rehabilitation

2

Description
Intervention group:The second intervention group is a mindfulness-based cognitive therapy. Of course, in this research, therapies and interventions are done individually, and in fact, a case study is used for each type of treatment, and in each group, each subject as his or her control is also used to test the results also used as a control to evaluate the results.
Category
Rehabilitation

Recruitment centers

1

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

2

Recruitment center
Name of recruitment center
Elder Day Care Center Yas
Full name of responsible person
Shirazikhah
Street address
Yas Center, Alstom Power Plant,Sattar khan street,Tehran
City
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Province
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1985713871
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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
Mohammad Reza Khoday Ardakani
Street address
The University of Social Welfare and Rehabilitation Sciences, 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?
No
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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No 4 , West Poorsan Ave, Goolstani Street, Beryanak Square.

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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