

Clinical Trial Protocol

Iranian Registry of Clinical Trials

17 Sep 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

AgeFrom **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

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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

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2

Recruitment center

Name of recruitment center

Elder Day Care Center Yas

Full name of responsible person

Shirazikhah

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Yas Center, Alstom Power Plant, Sattar Khan street, 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

Mohammad Reza Khoday Ardakani

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The University of Social Welfare and Rehabilitation Sciences, Childhood Stalemate, Student Boulevard, Evin

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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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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