

Clinical Trial Protocol

Iranian Registry of Clinical Trials

12 Jul 2026

The effect of intergenerational interaction on the elderly's psychological and social health

Protocol summary

Study aim

The effect of intergenerational interaction on mental and social health of older adults

Design

This study is a clinical trial with control group. Samples will randomly be assigned into an intervention (n = 20) and a control (n = 20) group using an online random number generator. All seniors are grandparents of the students.

Settings and conduct

The study will be conducted in the Ghazal girls' nonprofit elementary school in Qom. Six 90-minute sessions of game-based intergenerational interaction will be held between the seniors in the intervention group and their grandchildren. The sessions will be held once a week, in six consecutive weeks.

Participants/Inclusion and exclusion criteria

*Inclusion: Elderly : Grandfather or grandmother of the child, having no known cognitive, motor, visual, auditory, and communication impairments, and willingness to participate in the study. Children: Interest in playing with the elderly, parental consent for participation of their children in the study, age range between 8 to 12 years.
*Exclusion: Elderly: Absence of more than two sessions by the elderly, the occurrence of a particular disease affecting the mental health of the elderly during the study. Children: Absence of more than two sessions by the child

Intervention groups

Six 90-minute sessions of intergenerational interaction will be held in the form of a game between seniors and their grandchildren. There are two playlists, one containing games that the elderly are mastered in and the other containing games that children are mastered in. In each session, a game will be selected of each list by the elderly and the children. Then, the seniors and the child will teach the selected games to each other and will play it together. The control group receives no intervention and only will complete the study

instruments.

Main outcome variables

Psychological health; Social health

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20190918044816N1**

Registration date: **2020-02-18, 1398/11/29**

Registration timing: **registered_while_recruiting**

Last update: **2020-02-18, 1398/11/29**

Update count: **0**

Registration date

2020-02-18, 1398/11/29

Registrant information

Name

Nasrin Torabian

Name of organization / entity

Country

Iran (Islamic Republic of)

Phone

+98 25 3890 9786

Email address

torabian-n@kaums.ac.ir

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2019-10-12, 1398/07/20

Expected recruitment end date

2020-02-19, 1398/11/30

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date
empty

Scientific title
The effect of intergenerational interaction on the elderly's psychological and social health

Public title
The effect of intergenerational interaction on the elderly's health

Purpose
Supportive

Inclusion/Exclusion criteria
Inclusion criteria:
 Grandfather or grandmother of the child Ability to move independently with or without assistive devices Ability to see and hear with or without glasses and hearing aids Ability to speak and verbal communication Consent to participate in the study Lack of a known cognitive impairment Eight to 12 years old student interested in playing with seniors Parental consent for student's participation in the study
Exclusion criteria:
 Absence of more than two sessions by the elderly The occurrence of a particular disease affecting the mental health of the elderly during the study Absence of more than two sessions by the child

Age
From 60 years old

Gender
Both

Phase
N/A

Groups that have been masked
No information

Sample size
Target sample size: 40

Randomization (investigator's opinion)
Randomized

Randomization description
 First, one of the schools in Qom will be selected conveniently. Then a list of the students in the age range of 8-12 years will be obtained from the school's authorities. Afterward, an invitation letter will be sent to the students' families and invite them to participate in the study if they have older adults aging 60 and over. Among the families with inclusion criteria who expressed their willingness, 40 eligible elderly-child couples will be selected. Then, the study supervisor will randomly assign the couples into two groups via an online random number generator (i.e. <https://www.sealedenvelope.com/simple-randomiser/v1/lists>). Then the generated numbers will be written on small cards and the cards will be placed into envelopes. The second researcher who performs the protocol will not be aware of the content of envelopes. In the first visit with the participants (before the start of the intervention), the second researcher will ask each couple to pick an envelope and the researcher will execute the protocol accordingly.

Blinding (investigator's opinion)

Not 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 Kashan University of Medical Sciences

Street address

Kashan University of Medical Sciences, Qotb Ravandi Blvd

City

Kashan

Province

Isfahan

Postal code

8715981151

Approval date

2019-09-23, 1398/07/01

Ethics committee reference number

IR.KAUMS.NUHEPM.REC.1398.042

Health conditions studied

1

Description of health condition studied

Psychological health

ICD-10 code

Z00

ICD-10 code description

Encounter for general examination without complaint, suspected or reported diagnosis

2

Description of health condition studied

Social health

ICD-10 code

Z60.0

ICD-10 code description

Problems of adjustment to life-cycle transitions

Primary outcomes

1

Description

Mental Health Score

Timepoint

Before, at the end, and four weeks after the intervention
Method of measurement
Goldberg's General Health Questionnaire (GHQ28)

2

Description

Social Health Score

Timepoint

Before, at the end, and four weeks after the intervention

Method of measurement

The 33-item Keyes social health questionnaire

Secondary outcomes

empty

Intervention groups

1

Description

Intervention group: Six 90-minute sessions of intergenerational interaction will be held in the form of a game between seniors and their grandchildren. There are two playlists, one containing games that the elderly are mastered in and the other containing games that children are mastered in. In each session, a game will be selected of each list by the elderly and the children. Then, the seniors and the child will teach the selected games to each other and will play it together.

Category

Behavior

2

Description

Control group: The control group receives no intervention, and only will complete the study instruments at time similar to the intervention group.

Category

N/A

Recruitment centers

1

Recruitment center

Name of recruitment center

Ghazal girls' nonprofit elementary school in Qom

Full name of responsible person

Zohre Mirzaei

Street address

No.48, Alley 2, Savaran Ave.

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Ghoum

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3718638674

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Kashan University of Medical Sciences

Full name of responsible person

Dr. Hamid Reza Banafsheh

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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

Kashan 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

Kashan University of Medical Sciences

Full name of responsible person

Nasrin Torabian

Position

Master of Science student in Geriatric Nursing

Latest degree

Bachelor

Other areas of specialty/work

Nursery

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Person responsible for scientific inquiries

Contact

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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