

Clinical Trial Protocol

Iranian Registry of Clinical Trials

04 Jul 2026

The effect of structured group reminiscence on death anxiety and adaptation to old age

Protocol summary

Registration timing: **registered_while_recruiting**

Study aim

Determining the effect of Group Reminiscence Therapy on adaptation to aging and death anxiety

Last update: **2020-08-26, 1399/06/05**

Update count: **0**

Design

Clinical Trial with community based and control group, with parallel groups without blindness, Not Randomized, followed for one month

Registration date

2020-08-26, 1399/06/05

Settings and conduct

This study is conducted in elderly peoples with death anxiety and difficulty adaptation to old age referred to health center of Lar city.

Registrant information

Name

mohammadrafi bazrafshan

Name of organization / entity

shiraz university medical science

Country

Iran (Islamic Republic of)

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+98 917 382 1959

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mrbazr@sums.ac.ir

Participants/Inclusion and exclusion criteria

Inclusion criteria: 1. Samples have a willingness to participate in the research. 2. The candidates are at least 60 years of age. 3. Volunteers are not with acute psychosis, chronic and debilitating illnesses and cognitive diseases such as dementia. 4. anxiety disorder are not due to physical problems such as hypothyroidism. 5. Volunteers are familiar with Persian language. Exclusion criteria: 1. The occurrence of any severe social, familial crises during the study 2. The use of psychiatric pills due to psychological problems during the study. 3. Absence in meetings more than once. 4. Abuse of alcohol or drugs.

Recruitment status

Recruitment complete

Funding source

Intervention groups

In this study, 12 sessions of Group Reminiscence Therapy will be held for 16 members of the intervention group, while the control group will not receive any intervention.

Expected recruitment start date

2020-07-05, 1399/04/15

Expected recruitment end date

2020-10-21, 1399/07/30

Actual recruitment start date

empty

Actual recruitment end date

empty

Main outcome variables

death anxiety, adaptation with elderly

Trial completion date

empty

General information

Scientific title

The effect of structured group reminiscence on death anxiety and adaptation to old age

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20090304001742N7**

Registration date: **2020-08-26, 1399/06/05**

Public title

The Effect of Group Reminiscence Therapy on Death Anxiety and the Adaptation of Elderly to Old Age among

the Elderly

Purpose
Treatment

Inclusion/Exclusion criteria
Inclusion criteria:
Samples have a voluntary tendency to participate in research Candidates must be over 60 years of age Candidates do not have acute psychosis, chronic and disabling diseases, and cognitive disorders such as dementia. they have also not recently received similar treatment Physical problems such as hypothyroidism have not led to anxiety disorders Persian language
Exclusion criteria:
Occurrence of any social, familial crisis during the study Hospitalization or acute and chronic illness that interferes with research. Absence from meetings more than once Lack of willingness of samples to continue participating in research

Age
From 60 years old

Gender
Both

Phase
N/A

Groups that have been masked
No information

Sample size
Target sample size: 32

Randomization (investigator's opinion)
Randomized

Randomization description
The study is non-randomized.

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 Larestan University of Medical Sciences

Street address

Lar - New City - North Ghadir Boulevard - Karmandan Street - Behind the Grand Bazaar of Larestan - Sina Building

City

Larestan

Province

Fars

Postal code

7431889629

Approval date

2020-02-23, 1398/12/04

Ethics committee reference number

IR.LARUMS.REC.1398.028

Health conditions studied

1

Description of health condition studied

Elderly

ICD-10 code

F06.4

ICD-10 code description

Anxiety disorder due to known physiological condition

Primary outcomes

1

Description

death anxiety

Timepoint

Before the intervention, immediately and one month after the intervention

Method of measurement

Death Anxiety Questionnaire

Secondary outcomes

1

Description

adaptation to old age

Timepoint

Before the intervention, immediately and one month after the intervention

Method of measurement

Assessment Scale of Adaptation Difficulty for the Elderly

Intervention groups

1

Description

Intervention group: Receiving 8 sessions of structured group reminiscence therapy. In this program, twelve topics are discussed in 12 sessions (one to one and a half hours). In each of these sessions, stimuli are used to recall memories related to the topic of the session, which, depending on the topic of the session, may include photos, work tools, childhood toys, and so on. The protocol in this study will be implemented by the researchers themselves. In the present study, some sessions will be merged and the protocol will be reduced to 8 sessions (integration of sessions 1 and 2, 4 and 5, 9 and 10, 11 and 12). In order to record the course of changes in grades, participants will be asked to complete the questionnaires one month after the intervention in the pre-test stage, immediately after the intervention.

Category
Behavior

2

Description

Control group: They do not receive any intervention.

Category
N/A

Recruitment centers

1

Recruitment center

Name of recruitment center

Larestan Health Center

Full name of responsible person

Mohammad-Rafi Bazrafshan

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Larestan University of Medical Sciences

Full name of responsible person

Dr Mohammad Hossein Karimi

Street address

New City, North Ghadir Blvd., Karmandan St., Behind
Larestan Grand Bazaar, Sina Building (Larestan
University of Medical Sciences)

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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

Larestan 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

Larestan University of Medical Sciences

Full name of responsible person

Mohammad-Rafi Bazrafshan

Position

Associate professor

Latest degree

Ph.D.

Other areas of specialty/work

Nursery

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Person responsible for scientific inquiries

Contact

Name of organization / entity

Larestan University of Medical Sciences

Full name of responsible person

Mohammad-Rafi Bazrafshan

Position

Associate professor

Latest degree

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Other areas of specialty/work

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Person responsible for updating data**Contact****Name of organization / entity**

Larestan University of Medical Sciences

Full name of responsible person

Mohammad-Rafi Bazrafshan

Position

Associate professor

Latest degree

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Other areas of specialty/work

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Sharing plan**Deidentified Individual Participant Data Set (IPD)**

Yes - There is a plan to make this available

Study Protocol

Yes - There is a plan to make this available

Statistical Analysis Plan

Yes - There is a plan to make this available

Informed Consent Form

Yes - There is a plan to make this available

Clinical Study Report

Yes - There is a plan to make this available

Analytic Code

Yes - There is a plan to make this available

Data Dictionary

Yes - There is a plan to make this available

Title and more details about the data/document

It can be shared by unidentifiable participants

When the data will become available and for how long

Access begins a year after the publication of results

To whom data/document is available

People who are working in the academic and scientific institutions

Under which criteria data/document could be used

It needs the agreement of Larestan University of Medical Sciences

From where data/document is obtainableDr. Mohammad Rafi Bazrafshan, Associate Professor,
Larestan University of Medical Sciences, e-mail address:
m.bazrafshan@larums.ac.ir, Contact Phone:
07152247110, Mobile Number: 09173821959**What processes are involved for a request to access data/document**

Written and formal request to the vice chancellor for research of Larestan University of Medical Sciences

Comments