Clinical Trial Protocol
Iranian Registry of Clinical Trials

08 Nov 2026

The effect of life story intervention on psychological well-being of elderly

Protocol summary

Study aim
Determining the effect of life story intervention on psychological well-being of elderly in nursing homes of urmia ,2020-2021

Design
Two nursing homes are selected which are similar in social and cultural environment and one of these selected as a control group and the other as an intervention group by Simple random draw method.from intervention group nursing home , 30 elderly are randomly selected as the intervention group and from control group, 30 elderly are randomly placed in the control group

Settings and conduct
Two nursing homes in Urmia that are similar in social and cultural environment will be selected. intervention group nursing home , which is Ferdows nursing home, and three groups of ten people pre-test will be performed and then sit in a circle around a table, and the intervention sessions according to Ericsson Life Review interventions, according to the reference of the book Art and Science, reminder of Webster and Hyatt, are done in six sessions of 60 minutes once a week. Seniors are selected by three groups of ten and pre-test and post-test.

Participants/Inclusion and exclusion criteria
Inclusion criteria: at least 65 years and older and the ability to attend class informed consent to participate in research non-inclusion criteria:Having an acute psychiatric problem according to the case

Intervention groups
The intervention will be performed in six sessions of 60 minutes based on the life review treatment program with emphasis on Erickson theory on the intervention group.This is a complementary and ancillary treatment method that enables the nurse to increase her relationship with the elderly and will not done in the control group, but they will receive the usual measures, including occupational therapy, family visits, and recreation.

Main outcome variables
psychological well being

General information

Reason for update

Acronym

IRCT registration information
IRCT registration number: **IRCT20140212016564N14**
Registration date: **2021-06-08, 1400/03/18**
Registration timing: **prospective**

Last update: **2021-06-08, 1400/03/18**
Update count: **0**

Registration date
2021-06-08, 1400/03/18

Registrant information

Name
Molood Radfar

Name of organization / entity
Urmia University of Medical Sciences

Country
Iran (Islamic Republic of)

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Recruitment status
Recruitment complete

Funding source

Expected recruitment start date
2021-06-09, 1400/03/19

Expected recruitment end date
2021-08-01, 1400/05/10

Actual recruitment start date
empty

Actual recruitment end date
empty

Trial completion date
empty

Scientific title
The effect of life story intervention on psychological well-being of elderly

Public title
The effect of life story intervention on psychological well-being

Purpose
Supportive

Inclusion/Exclusion criteria

Inclusion criteria:
At least 65 years and older the ability to attend class conscious consent to participate in the research

Exclusion criteria:
have an acute psychiatric problem according to the case

Age
From **65 years** old

Gender
Both

Phase
N/A

Groups that have been masked
No information

Sample size
Target sample size: **60**

Randomization (investigator's opinion)
Randomized

Randomization description
Two nursing homes in Urmia, which are similar in social and cultural environment, will be selected and randomly selected by one of these nursing homes as a control group and the other as an intervention group. Then, from the inside of the nursing home, which is selected as an intervention group, 30 elderly people are randomly selected and placed in the intervention group, and will be placed in three groups of 10 people to perform the intervention. The 30 elderly are randomly selected and placed in the control group.

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 Urmia University of Medical Sciences

Street address
Resalat boulevard, next to the emergency

City
Urmia

Province
West Azarbaijan

Postal code
5714833337

Approval date
2020-08-22, 1399/06/01

Ethics committee reference number
IR.UMSU.REC.1399.155

Health conditions studied

1

Description of health condition studied
psychological well-being of elderly

ICD-10 code

ICD-10 code description

Primary outcomes

1

Description
Psychological well-being score in Ryff Questionnaire

Timepoint
Measurement of psychological well-being score before the start of the intervention and immediately after the intervention and two months later

Method of measurement
Ryff Psychological Well-being Questionnaire

Secondary outcomes

empty

Intervention groups

1

Description
Intervention group:30 elderly people will be randomly selected and placed in the intervention group and will be placed in three groups of 10 people to perform the intervention. The intervention will be performed in six sessions of 60 minutes and once a week based on a life review treatment program with emphasis on Erickson theory on the intervention group.The meeting place will be in a quiet room with enough light where the chairs will be arranged in a circle. The review program is based on the life theory with emphasis on Erickson theory According to the reference book of art and science of reminiscing of Webster and Haight is: Session 1: Welcoming members, introducing members to each other, reviewing goals and listing members' problems - 60 minutes Session 2: Explain childhood memories and resolve unresolved conflicts of that period by discussing these issues in the group (Basic Trust vs. Distrust) (Autonomy against doubt and shame (.- 60 minutes Homework for the next session: (The elderly are asked to write the homework for the next session on a piece of paper if they are literate and otherwise prepare the

answers to say in the next session. Session 3: Review of homework: Then review the memories of adolescence and resolve unresolved conflicts of that period by discussing these issues in the group .Identity versus role confusion (Intimacy versus isolation) -60 minutesHomework for the next session. Session 4: After reviewing the assignments and topics of the previous session, reviewing the memories of your youth and resolving the unresolved conflicts of that period by discussing these issues in the group: (Fertility against recession) - 60 minutes. Homework for the next session. Session 5: After reviewing the assignments and topics of the previous session, reviewing the memories of middle age and resolving the unresolved conflicts of that period by discussing these issues in the group,-60 minutes. Session 6: Summary: Discuss these topics in the group -60 minutes

Category

Rehabilitation

2

Description

Control group: The control group received no intervention

Category

N/A

Recruitment centers

1

Recruitment center

Name of recruitment center

Ferdos nursing home-Ara nursing home

Full name of responsible person

mahdiyeh abbasi

Street address

Rodaki Ave- Daneshkadeh Ave

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Oroumia University of Medical Sciences

Full name of responsible person

Eraj Mohebbie

Street address

Urmia University of Medical Sciences and Health Service, next emergency center, Resalat Blvd

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Mohebbi-iraj@yahoo.com.uk

Web page address

Grant name

Grant code / Reference number

Is the source of funding the same sponsor organization/entity?

Yes

Title of funding source

Oroumia 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

Oroumia University of Medical Sciences

Full name of responsible person

Moloud Radfar

Position

PHD

Latest degree

Ph.D.

Other areas of specialty/work

Nursery

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Person responsible for updating data

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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
The whole data will be shared after being unidentified
When the data will become available and for how long
Start the access period 6 months after printing the results
To whom data/document is available
Researchers working in academia
Under which criteria data/document could be used
The data will be available to other researchers in the form of a printed article. Other researchers are allowed from the research team to use the data
From where data/document is obtainable
Radfar moloud Email:mradfar1343@gmail.com
What processes are involved for a request to access data/document
You will submit your application to Mrs. Radfar, who will send you the requested application within ten days after reviewing your request.
Comments