

Clinical Trial Protocol

Iranian Registry of Clinical Trials

21 Jun 2026

The effect of group structured reminiscence on happiness and life satisfaction among the elderly

Protocol summary

Study aim

Determining the effectiveness of Structured Group Reminiscence Therapy on Happiness and Life Satisfaction of Elderly

Design

Randomized clinical trial with control group, parallel groups without blindness, On 36 elderly , followed for one month.

Settings and conduct

The present study will be performed on elderly refer to health centers in Larestan city.

Participants/Inclusion and exclusion criteria

1. The samples have a voluntary desire to participate in the research. 2. Candidates must be over 60 years old. 3. Candidates don't have acute psychosis, chronic and debilitating diseases, and cognitive diseases such as dementia.4. The samples have not recently received similar treatment

Intervention groups

In this study, a Structured Group Reminiscence protocol will be used for the intervention group. In this program, twelve topics are discussed in 12 sessions (one to one and a half hours). 1. identification data. 2. Family photos, childhood playthings 3. Kids' chalkboard, chalk, school bag 4. Work tools and gadgets 5. Urban open space such as a park or community garden 6. Marriage 7. Home, garden and favorite animals 8. Next generation, infancy, and childhood period 9. Foods, cooking 10. Vacation, journeys 11. Celebration 12. Summarizing of sessions
The control group was selected from the same participants who had the inclusion criteria. The control group did not receive any intervention.

Main outcome variables

After the intervention (for a month), The Oxford Happiness Inventory , the elderly Life Satisfaction Inventory , and the MMSE Questionnaires are re-completed by participants.

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20090304001742N8**

Registration date: **2020-09-06, 1399/06/16**

Registration timing: **prospective**

Last update: **2020-09-06, 1399/06/16**

Update count: **0**

Registration date

2020-09-06, 1399/06/16

Registrant information

Name

mohammadrafi bazrafshan

Name of organization / entity

shiraz university medical science

Country

Iran (Islamic Republic of)

Phone

+98 917 382 1959

Email address

mrbazr@sums.ac.ir

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2020-09-22, 1399/07/01

Expected recruitment end date

2021-01-20, 1399/11/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effect of group structured reminiscence on happiness and life satisfaction among the elderly

Public title

The effect of group structured reminiscence on happiness and life satisfaction among the elderly

Purpose

Treatment

Inclusion/Exclusion criteria**Inclusion criteria:**

Samples tend to be voluntary to participate in research. Candidates must be at least 60 years old. Candidates have acceptable listening and speaking skills. Candidates with acute psychosis do not have chronic and debilitating diseases and cognitive disorders such as dementia.

Candidates do not have a history of using psychiatric medications due to psychological problems. Candidates did not receive treatment that impaired mental ability, memory, or thinking. Candidates should be familiar with Persian language. Candidates should have a moderate level of cognitive status (obtaining a minimum score of 21 in the Mini-Mental State Examination test).

Candidates should not be in other treatment groups.

Exclusion criteria:

Occurrence of any severe social, familial crisis during the study (such as the grief of family members in the last 6 months) 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: **36**

Randomization (investigator's opinion)

Randomized

Randomization description

Due to the fact that the final sample size is 36 people, the randomized blocks method will be used to allocate people equally to the intervention and control groups. Assisting the researcher By referring to the health centers of the selected community, at first, individuals enter the study through available sampling and according to the inclusion and exclusion criteria. The researcher will design 6 blocks of 6 according to the final sample size, which is 36 people. Then, people are referred in order and using random block method, they are placed in each of the block cells. It will pre-mark each cell with the letters A and B, and according to the pre-arranged contract, the people in house A will receive the intervention and the people in house B will become members of the control group. Finally, 18 people in the intervention group and 18 people in the control group will be randomly assigned.

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

فارس، لارستان، شهر جدید، بلوار غدیر شمالی، خیابان کارمندان، پشت بازار بزرگ لارستان، ساختمان سینا (دانشکده علوم پزشکی لارستان)

City

larestan

Province

Fars

Postal code

7431889629

Approval date

2020-02-23, 1398/12/04

Ethics committee reference number

IR.LARUMS.REC.1398.027

Health conditions studied**1****Description of health condition studied**

elderly peoples

ICD-10 code**ICD-10 code description****Primary outcomes****1****Description**

Happiness

Timepoint

Before the intervention, immediately and one month after the intervention

Method of measurement

Oxford Happiness Inventory

2**Description**

Life Satisfaction

Timepoint

Before the intervention, immediately and one month

after the intervention
Method of measurement
Life Satisfaction Inventory

Secondary outcomes

empty

Intervention groups

1

Description

Intervention group: 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 in the pre-test stage, immediately and one month after the intervention.

Category

Treatment - Other

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

Street address

Dr. Dadman Highway

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7431895639

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Email

m.bazrafshan@larums.ac.ir

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
Ph.D.
Other areas of specialty/work
Nursery
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Person responsible for updating data

Contact

Name of organization / entity
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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

No - There is not 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 obtainable

Dr. Mohammad Rafi Bazrafshan, Associate Professor,
Larestan University of Medical Sciences, e-mail
address:m.bazrafshan@larums.ac.ir, Contact Phone:
07152247110

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