Clinical Trial Protocol
Iranian Registry of Clinical Trials

17 Sep 2026

The effects of recreational therapy on the quality of life of elderly war victims: a two-group randomized controlled trial

Protocol summary

Study aim

assess the effects of recreational therapy on quality of life among Iranian elderly war victims

Design

Parallel group randomized clinical trial was conducted in 2018 in a war victim's home in Tehran, Iran. With a power of 0.90 and a confidence level of 0.95, sample size was estimated to be 32 for each group.Participants were conveniently selected and randomly assigned to control and intervention groups via the block randomization method .

Settings and conduct

This parallel group randomized clinical trial was conducted in a war victim's home in Tehran, Iran. Data were collected via a demographic questionnaire and the Short Form (36) Health Survey (SF-36). SF-36 was completed by each participant thrice, i.e. before, immediately after, and two weeks after the intervention

Participants/Inclusion and exclusion criteria

age of sixty or more, the ability to communicate verbally, no acute physical pain, no participation in similar recreation therapy programs, willingness to participate in the study, and no serious health problem which could prevent participation in recreational activities. Participants were excluded if they developed severe physical or mental problem during the study

Intervention groups

The intervention group ten ninety-minute sculpturing sessions, ten sixty-minute sessions for listening to a favorite music, ten thirty-minute relaxation sessions, ten 45-minute physical exercise sessions, and two daily trips and routin care were performed. These sessions were held in ten successive weeks. the control group just received routine care.

Main outcome variables

Improving the quality of life, preventing the progression of the disease and reaching the stage of disability, improving the capabilities of veterans, preventing the occurrence and occurrence of chronic diseases, maintaining independence

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20201006048946N1**
Registration date: **2020-10-25, 1399/08/04**
Registration timing: **retrospective**

Last update: **2020-10-25, 1399/08/04**
Update count: **0**

Registration date

2020-10-25, 1399/08/04

Registrant information

Name

Maryam Pakseresht

Name of organization / entity

Country

Iran (Islamic Republic of)

Phone

+98 84 3333 2068

Email address

pakseresht-m@medilam.ac.ir

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2020-06-21, 1399/04/01

Expected recruitment end date

2020-09-22, 1399/07/01

Actual recruitment start date

2020-06-21, 1399/04/01

Actual recruitment end date

2020-09-22, 1399/07/01

Trial completion date

2020-10-06, 1399/07/15

Scientific title
The effects of recreational therapy on the quality of life of elderly war victims: a two-group randomized controlled trial

Public title
The effects of recreational therapy on the quality of life of elderly war victims
Purpose
Supportive
Inclusion/Exclusion criteria
Inclusion criteria:
Age of sixty or more The ability to communicate verbally No participation in similar recreation therapy programs Willingness to participate in the study No acute physical pain, No serious health problem which could prevent participation in recreational activities
Exclusion criteria:
severe physical or mental problem
Age
From **60 years** old
Gender
Both

Phase
N/A
Groups that have been masked
No information
Sample size
Target sample size: **64**
Actual sample size reached: **63**
Randomization (investigator's opinion)
Randomized
Randomization description
Participants were conveniently selected and randomly assigned to control and intervention groups via the block randomization method
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 Baqiyatallah University of Medical Sciences
Street address
Arsham Complex 2. Third floor,. Azadegan St., Chamran St., Khorramrudi Boulevard
City
Ilam
Province
Ilam
Postal code
paksereshtmaryam@yah
Approval date
2016-04-26, 1395/02/07
Ethics committee reference number
Ir.bmsu.rec.1395.207

Health conditions studied

1

Description of health condition studied
War victim, Elderly
ICD-10 code
ICD-10 code description

Primary outcomes

1

Description
War victim quality of life
Timepoint
Short Form (36) Health Survey (SF-36) was completed by each participant thrice, i.e. before, immediately after, and two weeks after the intervention
Method of measurement
Data were collected via a demographic questionnaire and the Short Form (36) Health Survey (SF-36). The items of the demographic questionnaire were age, gender, educational status, and previous history of hospitalization. Short Form (36) Health Survey (SF-36) is a self-administered survey with 36 items in the following eight dimensions: physical functioning (ten items), role limitations due to physical health problems (four items), bodily pain (two items), general health (five items), energy/fatigue (four items), social functioning (two items), role limitation due to emotional problems (three items), emotional well-being (five items), and a non-categorized single item. Items are scored from 0 to 100. Higher scores represent higher QOL. SF-36 can be completed in 5–10 minutes

Secondary outcomes

empty

Intervention groups

1

Description
Intervention group: Participants in the intervention group were provided with both recreational therapy and routine care services of the study setting. recreational therapy consisted of ten ninety-minute sculpturing sessions, ten sixty-minute sessions for listening to a favorite music, ten thirty-minute relaxation sessions, ten 45-minute

physical exercise sessions, and two daily trips.

Category

Lifestyle

2

Description

Control group: Participants in the control group just received routine care services of the study setting

Category

Lifestyle

Recruitment centers

1

Recruitment center

Name of recruitment center

Sarallah war victim's home

Full name of responsible person

Maryam Pakseresht

Street address

3rd floor,.Arsham apartment 2., Azadegan St.,Chamran St.,Khorramrudi Boulevard

City

Ilam

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Ilam

Postal code

6931433894

Phone

+98 84 3333 2068

Email

paksereshtmaryam@yahoo.com

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Bagheiat-allah University of Medical Sciences

Full name of responsible person

Salman Barasteh

Street address

No. 485,. Jomhory St., South Eskandari St., dead end of haft dastgah

City

Tehran

Province

Tehran

Postal code

1319846951

Phone

+98 21 6686 4257

Email

s.barasteh@gmail.com

Grant name

Grant code / Reference number

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

Yes

Title of funding source

Bagheiat-allah 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

Ilam University of Medical Sciences

Full name of responsible person

Maryam Pakseresht

Position

Nursing Instructor

Latest degree

Ph.D.

Other areas of specialty/work

Nursery

Street address

Arsham Apartment 2, 3rd floor,. Boulevard, Chamran St., Azadegan St.

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Person responsible for scientific inquiries

Contact

Name of organization / entity

Ilam University of Medical Sciences

Full name of responsible person

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Person responsible for updating data

Contact
Name of organization / entity
Ilam University of Medical Sciences
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Maryam Pakseresht
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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