Clinical Trial Protocol
Iranian Registry of Clinical Trials

28 Sep 2026

The effect of emotional intelligence reinforcement on death anxiety in older adult.

Protocol summary

Study aim
Determining the effect of emotional intelligence reinforcement on death anxiety in older adult.

Design
In this randomized clinical trial, patients were randomly divided into two groups of 30 samples. Sampling will take during 3 months.

Settings and conduct
The emotional intelligence training program will be held in two groups of 15 people in 8 sessions and during one month (two 60-minute sessions each week) by the first researcher in Shahid Sadoughi Health Center in Kashan.

Participants/Inclusion and exclusion criteria
Inclusion criteria: Age 60-75 years , Having the consent to participate in the study No known psychiatric disorders, dementia and mental retardation Templar death anxiety questionnaire > 6; Exclusion criteria: Absent more than two sessions, Concurrent use of other forms of anxiety relief such as exercise therapy, hydrotherapy and ..... .

Intervention groups
In the intervention group, the emotional intelligence training program will be held in two groups of 15 people in 8 sessions and during one month (two 60-minute sessions each week) by the first researcher in Shahid Sadoughi Health Center in Kashan. Control group will not get any intervention.

Main outcome variables
Death anxiety

General information

Reason for update

Acronym

IRCT registration information
IRCT registration number: **IRCT20111210008348N50**
Registration date: **2020-12-19, 1399/09/29**
Registration timing: **registered_while_recruiting**
Last update: **2020-12-19, 1399/09/29**
Update count: **0**

Registration date
2020-12-19, 1399/09/29

Registrant information

Name
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Name of organization / entity
Kashan University of Medical Science

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Recruitment status
Recruitment complete

Funding source

Expected recruitment start date
2020-12-04, 1399/09/14

Expected recruitment end date
2021-02-02, 1399/11/14

Actual recruitment start date
empty

Actual recruitment end date
empty

Trial completion date
empty

Scientific title
The effect of emotional intelligence reinforcement on death anxiety in older adult.

Public title
The effect of emotional intelligence reinforcement on death anxiety

Purpose
Treatment

Inclusion/Exclusion criteria

Inclusion criteria:
Age 60-75 years Having the consent to participate in the study No known psychiatric disorders, dementia and mental retardation Templar death anxiety questionnaire > 6

Exclusion criteria:
Absent more than two sessions Concurrent use of other forms of anxiety relief such as exercise therapy, hydrotherapy and ..... .

Age
From **60 years** old to **75 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
The sampling method will be available (selection among elderly people with death anxiety) and based on inclusion criteria. Then, the samples will be determined by block randomization method with 4 blocks and using the random number table of Allocation Random software. Blocking and allocation sequencing for concealment will be done by the person not involved in the research (Allocation Concealment).The sample allocation ratio (Allocation 1:1) will be in two groups of intervention and control (Assignment). Then, based on the obtained blocks and in the order of allocation, the trainings will be given to the patients. Blinding will not occur in this study.

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
School of Nursing and Midwifery, Kashan university of medical sciences, Parastar St., Qotbe Ravandi Blv, Kashan, Iran

City
Kashan

Province
Isfehan

Postal code
8715981151

Approval date
2020-03-14, 1398/12/24

Ethics committee reference number
IR.KAUMS.NUHEPM.REC.1398.073

Health conditions studied

1

Description of health condition studied
Emotional intelligence training

ICD-10 code

ICD-10 code description

Primary outcomes

1

Description
Death anxiety

Timepoint
Before, after and one month after intervention

Method of measurement
Templar death anxiety questionnaire

Secondary outcomes

empty

Intervention groups

1

Description
Intervention group: The emotional intelligence training program will be held in two groups of 15 people in 8 sessions and during one month (two sessions per week) by the first researcher in Shahid Sadoughi Health Center in Kashan.

Category
Treatment - Drugs

2

Description
Control group: will not get any intervention.

Category
N/A

Recruitment centers

1

Recruitment center

Name of recruitment center
Shahid Sadoughi Health Center in Kashan

Full name of responsible person
Neda Mirbagher

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Sponsors / Funding sources

1

Sponsor
Name of organization / entity
Kashan University of Medical Sciences
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Vice Chancellor of Research & Technology, Kashan university of medical sciences, Parastar St., Qotbe Ravandi Blv, Kashan, Iran
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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
Neda Mirbagher
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Assistant Professor
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Person responsible for updating data

Contact
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Latest degree
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Nursery

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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
Not applicable
Informed Consent Form
Undecided - It is not yet known if there will be a plan to make this available
Clinical Study Report
Not applicable
Analytic Code
Not applicable
Data Dictionary
Not applicable