

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

Neda Mirbagher

Name of organization / entity

Kashan University of Medical Science

Country

Iran (Islamic Republic of)

Phone

+98 36 1555 0021

Email address

mirbagher_n@kaums.ac.ir

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

Isfahan

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

Street address

Shahid Sadoughi Health Center in Kashan

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salam_20012003@yahoo.co.uk

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Kashan University of Medical Sciences

Full name of responsible person

Hamid Reza Banafsheh

Street address

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

Position

Assistant Professor

Latest degree

Ph.D.

Other areas of specialty/work

Nursery

Street address

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Person responsible for scientific inquiries

Contact

Name of organization / entity

Kashan University of Medical Sciences

Full name of responsible person

Neda Mirbagher

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

Kashan University of Medical Sciences

Full name of responsible person

Akram Baghdadi

Position

Master's degree student in nursing

Latest degree

Bachelor

Other areas of specialty/work

Nursery

Street address

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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