

Clinical Trial Protocol

Iranian Registry of Clinical Trials

20 Jun 2026

The effect of Seligman's Joy educational program on psychological well-being, happiness, in the elderly

Protocol summary

2021-07-07, 1400/04/16

Study aim

Investigating the effect of Seligman happiness training program on psychological well-being and happiness of the elderly

Design

Clinical trial with parallel control group. Single-blind, randomized study was performed on 30 patients and evaluated with Excel and SPSS software.

Settings and conduct

This trial was held in a nursing home in Yazd and was performed. The intervention group participated in a training class and the control group participated in public classes and none of the groups was given information to intervene or control. Selection in cluster.

Participants/Inclusion and exclusion criteria

Having the power of speech; fluency in Persian and the ability to speak in meetings; lack of severe psychiatric disorders such as Alzheimer's disease; do not take psychiatric drugs; ability to read and write; minimum 60 and maximum 80.

Intervention groups

The intervention is in the form of an educational class and the control group is a regular daily class.

Main outcome variables

Happiness and psychological well-being

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20210623051689N1**

Registration date: **2021-07-07, 1400/04/16**

Registration timing: **registered_while_recruiting**

Last update: **2021-07-07, 1400/04/16**

Update count: **0**

Registration date

Registrant information

Name

alireza moeini

Name of organization / entity

Country

Iran (Islamic Republic of)

Phone

+98 31 3435 6646

Email address

a.moeini@stu.ssu.ac.ir

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2021-06-27, 1400/04/06

Expected recruitment end date

2021-07-11, 1400/04/20

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effect of Seligman's Joy educational program on psychological well-being, happiness, in the elderly

Public title

Effect of joy in life in the elderly

Purpose

Education/Guidance

Inclusion/Exclusion criteria

Inclusion criteria:

Elderly over 55 years old in Yazd Literacy for reading and writing

Exclusion criteria:

Proven mental illness

Age

From **55 years** old to **86 years** old

Gender

Both

Phase

N/A

Groups that have been masked

- Participant

Sample size

Target sample size: **30**

Randomization (investigator's opinion)

Randomized

Randomization description

Among the nursing homes in Yazd, four nursing homes were selected in clusters. Among these, four nursing homes were randomly selected as the intervention group and two nursing homes as the control group.

Blinding (investigator's opinion)

Single blinded

Blinding description

The intervention group participated in Seligman Happiness Classes and the control group was only supervised and attended regular daily classes.

Placebo

Not used

Assignment

Other

Other design features

Study on Positive Mental Health

Secondary Ids

empty

Ethics committees**1****Ethics committee****Name of ethics committee**

Yazd University of Medical Sciences

Street address

Bouali Street. School of Nursing and Midwifery

City

Yazd

Province

Yazd

Postal code

8916978477

Approval date

2020-09-25, 1399/07/04

Ethics committee reference number

IR.SSU.REC.1399.068

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

Mental health

ICD-10 code

Y07.521

ICD-10 code description

Mental health elderly

Primary outcomes**1****Description**

Psychological well-being

Timepoint

The first session is a pre-test and the last session is a post-test

Method of measurement

Reef Psychological Well-Being Scale (RSPWB)

2**Description**

Happiness

Timepoint

The first session is a pre-test and the last session is a post-test

Method of measurement

Oxford Happiness Questionnaire

Secondary outcomes

empty

Intervention groups**1****Description**

The training sessions include six one-hour sessions at the nursing home. Which is held in groups. Its content is taken from Siligman's theory and happiness education book. The content is in the form of discussion and consultation with the management and directing the educator in the form of linking educational issues with daily life. The second session defines the words happiness, joy and the factors that affect them. The third session deals with the pleasures of life and discusses life satisfaction. The fourth session discusses the talk of the previous sessions and its impact on life. They get acquainted with the techniques of optimism. Session 5 addressing your abilities and discovering the abilities of family members such as spouse and children. Session 6: presenting logic to apply the teachings and aligning the teachings with life examples and the final test. In each session, behavioral and appropriate tasks are given to the elderly and in the first session, these tasks are discussed and debated.

Category

Lifestyle

2**Description**

Control group: in this group, the elderly will be trained in

the daily classes of the center in the form of workshops of painting, sculpture, reminiscence, music, etc.

Category

Other

Recruitment centers

1

Recruitment center

Name of recruitment center

Bahar Comprehensive Rehabilitation Center for the Elderly

Full name of responsible person

Alireza Moeini

Street address

Edalat alley, Azadshahr Fifth Square, Azadshahr area.

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2

Recruitment center

Name of recruitment center

Milad Comprehensive Rehabilitation Center for the Elderly

Full name of responsible person

alireza moeini

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Ab Anbar Alley, Seyd Ghol Sorgh St., Fahadan

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3

Recruitment center

Name of recruitment center

Saba Comprehensive Rehabilitation Center for the Elderly

Full name of responsible person

alireza moeini

Street address

Saba Health Institute, Andisheh Alley, Kashani Street, Shohada Mehrab Square

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Yazd University of Medical Sciences

Full name of responsible person

Hoseen Tavangar

Street address

School of Nursing and Midwifery, Bouali Street

City

Yazd

Province

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8916978477

Phone

+98 35 3726 3733

Email

alirezamoeini98@gmail.com

Web page address

Grant name

Grant code / Reference number

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

Yes

Title of funding source

Yazd 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

Yazd University of Medical Sciences

Full name of responsible person

Alireza Moeini

Position

student

Latest degree

Bachelor

Other areas of specialty/work

Nursery
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Person responsible for scientific inquiries

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Person responsible for updating data

Contact

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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

Undecided - It is not yet known if there will be a plan to make this available

Clinical Study Report

Yes - There is a plan to make this available

Analytic Code

Not applicable

Data Dictionary

Not applicable

Title and more details about the data/document

After statistical analysis, the data can be expressed numerically or qualitatively and made available to the public

When the data will become available and for how long

Access period starts from the end of October 2021

To whom data/document is available

Academic researchers and university professors

Under which criteria data/document could be used

Does not require special access. General use

From where data/document is obtainable

Email alirezamoeini98@gmail.com

What processes are involved for a request to access data/document

Send a request to alirezamoeini98@gmail.com and respond within a maximum of one week

Comments