

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

24 Jun 2026

### Designing and evaluating the impact of a health promotion program on retirement adjustment and the quality of life among oil industry retirees; an application of Transactional Model of Stress and Coping embedded in the Precede-Proceed model

#### Protocol summary

##### Study aim

Designing and evaluating the impact of the health promotion program on retirement adjustment and quality of life based on the Lazarus Transactional Model embedded in the Precede-Proceed Model among Retirees.

##### Design

Trial(educational) with randomized controlled, parallel group, on 160 samples. Through the block randomization method using Random Allocation Software, individuals are divided into two categories of intervention and control.

##### Settings and conduct

This research will be carried out in the oil industry retirement center located in Shiraz city(the center of Fars province in southern Iran). The study design is a randomized controlled educational trial on a sample of retirees. The health promotion intervention includes training and some environmental-organizational actions in the intervention group. The control group receives only a short-term training course on home safety. Study data before, three, and six months after the intervention are collected and then analyzed.

##### Participants/Inclusion and exclusion criteria

Inclusion criteria: Retirement years (1-10). Completed primary education. Use of social networks. exclusion criteria: Those who have physical or psychological conditions that require special medical care or are unable to participate in this study. such as heart failure, severe depression, and cancer. Those who work with secondary wages after retirement.

##### Intervention groups

The intervention will be designed and run according to the main topics (adaptation and retirement resources, coping skills, spiritual health, and family and organization support) based on the Precede-Proceed model and the

Lazarus model in person, virtually, or in blended learning. The control group received only a short-term training course on home safety.

##### Main outcome variables

retirement adjustment, retirement resources, quality of life, Ways of Coping, Spiritual Well-Being, Psychological well-being

#### General information

##### Reason for update

##### Acronym

##### IRCT registration information

IRCT registration number: **IRCT20180516039690N2**

Registration date: **2022-09-16, 1401/06/25**

Registration timing: **prospective**

Last update: **2022-09-16, 1401/06/25**

Update count: **0**

##### Registration date

2022-09-16, 1401/06/25

##### Registrant information

##### Name

Elaheh Shoushtari-Moghaddam

##### Name of organization / entity

##### Country

Iran (Islamic Republic of)

##### Phone

+98 31 3792 3200

##### Email address

elahehshoushtari@gmail.com

##### Recruitment status

**Recruitment complete**

##### Funding source

**Expected recruitment start date**

2022-09-23, 1401/07/01

**Expected recruitment end date**

2023-03-21, 1402/01/01

**Actual recruitment start date**

empty

**Actual recruitment end date**

empty

**Trial completion date**

empty

**Scientific title**

Designing and evaluating the impact of a health promotion program on retirement adjustment and the quality of life among oil industry retirees; an application of Transactional Model of Stress and Coping embedded in the Precede-Proceed model

**Public title**

Designing and evaluating a retirees' health promotion program

**Purpose**

Education/Guidance

**Inclusion/Exclusion criteria****Inclusion criteria:**

having formal document conforming to Retirement (recruitment order) At least one and at most 10 years have passed since their retirement. In terms of education level, they must have at least a certificate of completion of the primary course. Having a smartphone and the ability to use it. Use of social networks (WhatsApp).

**Exclusion criteria:**

Those who have physical or psychological conditions that require special medical care or are unable to participate in this study. such as heart failure, kidney failure, severe depression, and cancer. Those who work with secondary wages after retirement.

**Age**

No age limit

**Gender**

Both

**Phase**

N/A

**Groups that have been masked***No information***Sample size**Target sample size: **160****Randomization (investigator's opinion)**

Randomized

**Randomization description**

Allocation concealment is not possible in the process of this study. Because the intervention is of an educational type and the participants know what content they are receiving and for what purposes. Blinding is also not possible. Because the dominant form of intervention is education, which is an obvious process. Both the participants and the researcher will be informed about the content of the intervention. Stratified randomization will be applied. The participants are divided into two categories, men and women, according to their gender. Then, in each category, random allocation to intervention and control groups will be implemented through block

allocation. The process of randomly selecting and assigning them to groups is as follows: Retirees who are members of the Fars Oil Industry Retirement Center are divided into two categories of men and women from the list of names. Then sorted by code, and using a systematic random method, 80 women and 80 men will be selected. Then through the block randomization method using Random Allocation Software, individuals are divided into two categories of intervention and control

**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 Shiraz University of Medical Sciences

**Street address**

Ethics committee, Health school, Razi bouvar

**City**

Shiraz

**Province**

Fars

**Postal code**

7153675541

**Approval date**

2022-09-02, 1401/06/11

**Ethics committee reference number**

IR.SUMS.SCHEANUT.REC.1401.078

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

retirement

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

Quality of life score in the World Health Organization Quality of Life -OLD questionnaire(WHOQOL-Old).

**Timepoint**

before, 3 and 6 months after the intervention

### **Method of measurement**

self-administered World Health Organization Quality of Life -OLD questionnaire (WHOQoL-OLD).

## **Secondary outcomes**

### **1**

#### **Description**

Retirement adjustment score

#### **Timepoint**

Before, 3 and 6 months after the intervention

#### **Method of measurement**

The Wells' Retirement adjustment scale

### **2**

#### **Description**

Retirement resource score

#### **Timepoint**

Before, 3 and 6 months after the intervention

#### **Method of measurement**

The Retirement Resources Inventory

### **3**

#### **Description**

Coping strategies score

#### **Timepoint**

Before, 3 and 6 months after the intervention

#### **Method of measurement**

The Lazarus and Folkman Ways of Coping Questionnaire

### **4**

#### **Description**

Spiritual well-being score

#### **Timepoint**

Before, 3 and 6 months after the intervention

#### **Method of measurement**

The Spiritual Well-Being Scale

### **5**

#### **Description**

Psychological well-being score

#### **Timepoint**

Before, 3 and 6 months after the intervention

#### **Method of measurement**

The Ryff's Scale of Psychological Well-being

## **Intervention groups**

### **1**

#### **Description**

Intervention group: retirees are members of the Oil Industry Retirement Center. Health promotion intervention includes education and some environmental-organizational actions. In the educational component, a training course consisting of 5 to 6 sessions of approximately 45 to 60 minutes will be

implemented for this group using face-to-face, virtual, or Blended Learning. In the environmental-organizational component, training sessions will be held for key family members of the participants and officials of the retirement center (two sessions for each group) with the aim of familiarizing themselves with the needs of the retirement period and the importance of support. Data will be collected and analyzed to evaluate the intervention before, three, and six months after the intervention.

#### **Category**

Behavior

### **2**

#### **Description**

Control group: Participants in this group will experience the regular programs of the retirement center and only a short-term home safety training course will be held for them. Data will be collected and analyzed to evaluate the intervention before, three, and six months after the intervention.

#### **Category**

Behavior

## **Recruitment centers**

### **1**

#### **Recruitment center**

##### **Name of recruitment center**

Fars Oil Industry Retirement Center

##### **Full name of responsible person**

Jalil Rasaei

##### **Street address**

Narvan Alley14, Narvan St.

##### **City**

Shiraz

##### **Province**

Fars

##### **Postal code**

7144743869

##### **Phone**

+98 71 3646 0757

##### **Fax**

+98 71 3226 1863

##### **Email**

nioc.retirement@gmail.com

## **Sponsors / Funding sources**

### **1**

#### **Sponsor**

##### **Name of organization / entity**

Shiraz University of Medical Sciences

##### **Full name of responsible person**

Mahtab Memarpour

##### **Street address**

Research and Technology Vice President, 7th Floor, Central Building, Shiraz University of Medical Sciences, Zand St.

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Shiraz

**Province**

Fars

**Postal code**

7153675541

**Phone**

+98 71 3235 7282

**Email**

vcrdep@sums.ac.ir

**Grant name****Grant code / Reference number****Is the source of funding the same sponsor organization/entity?**

Yes

**Title of funding source**

Shiraz 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**

Shiraz University of Medical Sciences

**Full name of responsible person**

Mohammad Hossein Kaveh

**Position**

Full Professor

**Latest degree**

Ph.D.

**Other areas of specialty/work**

Health Promotion

**Street address**Department of Health Promotion, School of health,  
Razi Boulvar**City**

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Fars

**Postal code**

7153675541

**Phone**

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mhkaveh255@gmail.com

**Person responsible for scientific inquiries****Contact****Name of organization / entity**

Shiraz University of Medical Sciences

**Full name of responsible person**

Dr. Mohammad Hossein Kaveh

**Position**

Full Professor

**Latest degree**

Ph.D.

**Other areas of specialty/work**

Health Promotion

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**Person responsible for updating data****Contact****Name of organization / entity**

Shiraz University of Medical Sciences

**Full name of responsible person**

Elaheh Shoushtari-Moghaddam

**Position**

Ph.D. Candidate in Health Education &amp; Promotion

**Latest degree**

Master

**Other areas of specialty/work**

Health Promotion

**Street address**Department of Health Promotion, School of Health,  
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**Fax****Email**

elahehshoushtari@gmail.com

**Sharing plan****Deidentified Individual Participant Data Set (IPD)**

No - There is not a plan to make this available

**Justification/reason for indecision/not sharing IPD**

There is no further information

**Study Protocol**

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

**Statistical Analysis Plan**

No - There is not a plan to make this available

**Informed Consent Form**

No - There is not a plan to make this available  
**Clinical Study Report**  
No - There is not a plan to make this available  
**Analytic Code**

No - There is not a plan to make this available  
**Data Dictionary**  
Undecided - It is not yet known if there will be a plan to  
make this available