

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

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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

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Narvan Alley14, Narvan St.

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Shiraz University of Medical Sciences

Full name of responsible person

Mahtab Memarpour

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

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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
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
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Position
Full Professor
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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