Clinical Trial Protocol
Iranian Registry of Clinical Trials

28 Oct 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 boulvar
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.

City
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
Shiraz
Province
Fars
Postal code
7153675541
Phone
+98 71 3725 6216
Email
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
Street address
Department of Health Promotion, School of health, Razi Boulvar
City
Shiraz
Province
Fars
Postal code
7153675541
Phone
+98 71 3725 6216
Email
mhkaveh255@gmail.com

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 & Promotion
Latest degree
Master
Other areas of specialty/work
Health Promotion
Street address
Department of Health Promotion, School of Health, Razi Boulvar
City
Shiraz
Province
Fars
Postal code
7153675541
Phone
+98 31 3792 3200
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