

Clinical Trial Protocol

Iranian Registry of Clinical Trials

10 Jun 2026

The Effect Of Laughter Yoga On Happiness And Hope Of The Elderly

Protocol summary

Study aim

This study will be conducted with the aim of investigating the effect of laughter yoga on the happiness and hope of the elderly.

Design

This clinical trial study has a double-blind, randomized control group. In the study, we have two intervention and control groups. Sampling is available in the first stage - all those who meet the entry criteria are invited to participate in this research. Then, the qualified ones are ranked based on the values before (from small to large) and randomly assigned using a block method of 4 (each group has two letters a and two letters b) in two intervention and control groups. We have 100 elderly people in the intervention group and 100 elderly people in the control group. In this study, we do not have a trial phase.

Settings and conduct

This double-blind field trial study was conducted in Gorgan city in 1401 by pre-test-post-test method. Performing laughter yoga on the happiness and hope of the elderly was investigated. The sampling method is available and random allocation. 200 participants will be included in the study, which will be divided into two intervention and control groups.

Participants/Inclusion and exclusion criteria

Eligibility criteria: Elderly living in Gorgan city, able to speak
Exclusion criterion: unwillingness to continue participating in the study

Intervention groups

Laughter yoga was performed in the intervention group. There was no intervention in the control group.

Main outcome variables

life expectancy; Happiness

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20211231053577N1**

Registration date: **2022-11-18, 1401/08/27**

Registration timing: **registered_while_recruiting**

Last update: **2022-11-18, 1401/08/27**

Update count: **0**

Registration date

2022-11-18, 1401/08/27

Registrant information

Name

Zeinab Seraj

Name of organization / entity

Country

Iran (Islamic Republic of)

Phone

+98 11 3388 3080

Email address

serajzynb@gmail.com

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2022-10-20, 1401/07/28

Expected recruitment end date

2022-11-28, 1401/09/07

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The Effect Of Laughter Yoga On Happiness And Hope Of The Elderly

Public title

The Effect Of Laughter Yoga On Happiness And Hope Of The Elderly

Purpose

Supportive

Inclusion/Exclusion criteria

Inclusion criteria:

Elderly over 60 years Having Iranian nationality Resident of Gorgan Ability to speak Having full consciousness while studying Ability to communicate and the ability to answer study questions

Exclusion criteria:

Having obvious cognitive and psychological problems Having problems with broken bones (meaning a problem that prevents you from doing laughter yoga technique) Participation in the laughter yoga program in the past and present

Age

From **60 years** old

Gender

Both

Phase

N/A

Groups that have been masked

- Outcome assessor
- Data analyser

Sample size

Target sample size: **65**

Randomization (investigator's opinion)

Randomized

Randomization description

Sampling is available in the first stage - all those who meet the entry criteria are invited to participate in this research. Then, the qualified ones are ranked based on the values of before (from small to large) and randomly assigned using a block method of 4 (each group has two letters a and two letters b) in two intervention and control groups. The research samples are elderly people over 60 living in Gorgan city. The samples will be taken from elderly people who are members of the Social Security Organization's Retirees Association.

Blinding (investigator's opinion)

Double blinded

Blinding description

Blinding: A double-blind method is used in this study. A) The researcher's help in the post-test stage collects information that he does not know about the goals and how to allocate the groups. b) The person doing the analysis is also blind to the groups.

Placebo

Not used

Assignment

Parallel

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Golestan University of Medical Sciences

Street address

Golestan University of Medical Science, Shastkola, Gorgan

City

Gorgan

Province

Golestan

Postal code

49165568

Approval date

2022-10-09, 1401/07/17

Ethics committee reference number

IR.GOUMS.REC.1401.300

Health conditions studied

1

Description of health condition studied

Happiness and life expectancy in the elderly

ICD-10 code

ICD-10 code description

Primary outcomes

1

Description

The happiness score of the elderly in the Oxford Happiness Questionnaire

Timepoint

Measuring the happiness score at the beginning of the study before the intervention and after the end of 8 intervention sessions

Method of measurement

Oxford Happiness Questionnaire

2

Description

The life expectancy score of the elderly in the Snyder life expectancy questionnaire

Timepoint

Measuring the life expectancy score at the beginning of the study before the start of the intervention and after the end of 8 intervention sessions

Method of measurement

Snyder's Life Expectancy Questionnaire

Secondary outcomes

empty

Intervention groups

1

Description

Intervention group: elderly people who participated in laughter yoga intervention. The type of intervention is

laughter yoga. Laughter yoga is performed in 8 sessions of 45 minutes in 4 weeks.

Category

Behavior

2

Description

Control group: Laughter yoga intervention is not implemented in the control group.

Category

N/A

Recruitment centers

1

Recruitment center

Name of recruitment center

Center for Social Security Retirees

Full name of responsible person

Mohammad Kohestani

Street address

Golestan University of Medical Sciences, Bouyeh School of Nursing & midwifery, Shastkola Road, Gorgan,

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Gorgan University of Medical Sciences

Full name of responsible person

Narges Bigom Mirbehbahani

Street address

Golestan University of Medical Science, Shastkola, Gorgan

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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

Gorgan 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

Gorgan University of Medical Sciences

Full name of responsible person

Zeinab seraj

Position

Master's student in geriatric nursing

Latest degree

Bachelor

Other areas of specialty/work

Nursery

Street address

Gorgan, the beginning of Shast Kola Road, Philosophical College of Higher Education, Boyeh College of Nursing and Midwifery, Gorgan.

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Person responsible for scientific inquiries

Contact

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Position

Master student

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Other areas of specialty/work

Nursery

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Latest degree

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Other areas of specialty/work

Nursery

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Gorgan University of Medical Sciences, At the
beginning of Shast Kola Road, Philosophical Higher
Education Complex, Boyeh Gorgan College of Nursing

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

No - There is not 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

No - There is not a plan to make this available