

Clinical Trial Protocol

Iranian Registry of Clinical Trials

13 Jun 2026

The effectiveness of Life Review Treatment on Mental Vitality and Cognitive Fusion in the Elderly

Protocol summary

Study aim

The Effectiveness of Life Review Education in improving Subjective Vitality and reducing Cognitive Fusion in the Elderly

Design

A clinical trial with a control group, , randomized, only on 32 references, a simple method will be used for randomization.

Settings and conduct

nursing Home: pre test-post test: control goroup:

Participants/Inclusion and exclusion criteria

The inclusion criteria were: being above 60 years of age, being mentally and physically healthy, which was determined based on medical records, not concurrently participating in other treatments, not having psychological disorders (amnesia, dementia, and Alzheimer's) based on medical records, and consent to participate in intervention sessions: not attending two consecutive sessions and developing physical illnesses during therapy sessions.

Intervention groups

The researcher will be implemented the intervention on the experimental group in eight 45-minute sessions during two months with a one-week interval in one of the counseling rooms at the nursing home, while the control group will not receive such interventions.

Main outcome variables

Subjective Vitality, Cognitive Fusion in the Elderly

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20221024056281N1**

Registration date: **2022-11-04, 1401/08/13**

Registration timing: **prospective**

Last update: **2022-11-04, 1401/08/13**

Update count: **0**

Registration date

2022-11-04, 1401/08/13

Registrant information

Name

Hedieh Babakhanzadeh

Name of organization / entity

Country

Iran (Islamic Republic of)

Phone

+98 912 388 6351

Email address

hedieh.khanzadeh@yahoo.com

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2022-11-22, 1401/09/01

Expected recruitment end date

2022-12-01, 1401/09/10

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effectiveness of Life Review Treatment on Mental Vitality and Cognitive Fusion in the Elderly

Public title

The effectiveness of Life Review Treatment on Mental Vitality and Cognitive Fusion in the Elderly

Purpose

Supportive

Inclusion/Exclusion criteria

Inclusion criteria:

being above 60 years of age, being mentally and physically healthy, which was determined based on medical records, not concurrently participating in other treatments, not having psychological disorders (amnesia, dementia, and Alzheimer's) based on medical records, and consent to participate in intervention sessions.

Exclusion criteria:

Age

From **60 years** old to **80 years** old

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **60**

Randomization (investigator's opinion)

Randomized

Randomization description

The study will be assigned the subjects to the two groups by writing their names on several pieces of paper and placing them in a container. The subjects' names were randomly picked and placed in groups.

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 alborz university of medical sciences

Street address

Nabovvat Ave, alborz university of medical sciences

City

karaj

Province

Alborz

Postal code

2634644255

Approval date

2022-01-11, 1400/10/21

Ethics committee reference number

IR.ABZUMS.REC.1400.273

Health conditions studied

1

Description of health condition studied

Subjective Vitality ,The Cognitive Fusion

ICD-10 code

ICD-10 code description

Primary outcomes

1

Description

Subjective Vitality ,The Cognitive Fusion

Timepoint

2 month after beginning intervention

Method of measurement

Ryan and Frederick's Subjective Vitality Scale,The Cognitive Fusion Scale of Gilenders et al.

Secondary outcomes

empty

Intervention groups

1

Description

Control group: The control group will not receive any intervention.

Category

N/A

2

Description

Intervention group: The life review intervention will be implemented every seven days (a seven-day interval) in 8 sixty-minute sessions during two months.

Category

N/A

Recruitment centers

1

Recruitment center

Name of recruitment center

Nursing home

Full name of responsible person

Babakhanzadeh hedieh

Street address

Mohamadshahr Ave, nursing home, Karaj, Alborz

City

Karaj

Province

Alborz

Postal code

2634193170

Phone

+98 912 388 6351

Email

hedieh.khanzadeh@yahoo.com

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Karaj University of Medical Sciences

Full name of responsible person

Godini hatam

Street address

Nabovvat Ave, Alborz University of medical sciences,
Karaj, Alborz

City

Karaj

Province

Alborz

Postal code

34643932

Phone

+98 26 3464 3932

Email

Reaserch@Abzums.ac.ir

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

Yes

Title of funding source

Karaj University of Medical Sciences

Proportion provided by this source

50

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**

Karaj University of Medical Sciences

Full name of responsible person

babakhanzadeh hedieh

Position

cilincial psychologist

Latest degree

Master

Other areas of specialty/work

Psychology

Street address

mohammadshhr Ave, emamhosin
hospital,karaj,alborz

City

karaj

Province

Alborz

Postal code

2634193170

Phone

+98 26 3419 3170

Email

hedieh.khanzadeh@yahoo.com

Person responsible for scientific inquiries

Contact**Name of organization / entity**

Karaj University of Medical Sciences

Full name of responsible person

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Phone

+98 26 3419 3170

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hediehkhanzadeh@yahoo.com

Person responsible for updating data

Contact**Name of organization / entity**

Karaj University of Medical Sciences

Full name of responsible person

Babakhanzadeh hedieh

Position

Clinical psychologist

Latest degree

Master

Other areas of specialty/work

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Email

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Sharing plan

Deidentified Individual Participant Data Set (IPD)

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

Study Protocol

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

Statistical Analysis Plan

Undecided - It is not yet known if there will be 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

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

Analytic Code

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

Data Dictionary

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