

Clinical Trial Protocol

Iranian Registry of Clinical Trials

30 Jul 2026

Investigating the effect of mental health and lifestyle educational intervention on health promoting behaviors in elderly women under the care of a family doctor

Protocol summary

Study aim

Determining the effect of mental health and lifestyle educational intervention on health promoting behaviors in elderly women under the care of a family doctor.

Design

This study is a randomized controlled educational trial with a control group with parallel groups with a pre-test-post-test design. Based on the prepared list of elderly women eligible to enter the study in 2 clinics, the elderly women will be randomly placed in the intervention and control groups.

Settings and conduct

The intervention group will be trained in 7 training sessions, but the control group will not receive training during this period. The location of the study is family doctor's offices in Pasargad city.

Participants/Inclusion and exclusion criteria

Conditions for entering the study 1. Be covered by a family doctor and registered in the electronic health system (Sib). 2. Age over 60 years 3. Absence of mental health disorders in the Sib system 4. The ability to communicate (not suffering from severe vision and hearing defects that cannot be corrected with glasses and hearing aids) 5. Willingness to participate in the study and complete the informed consent form. Exclusion condition 1. Unwillingness to continue cooperation 2. Absence in more than 1 training session 3. Death or migration of the elderly 4. Failure to complete the questionnaire post test

Intervention groups

For the intervention group, 7 educational sessions will be held weekly for 90 minutes in the form of short lectures, group discussions, questions and answers in 3 groups of 23 elderly women. The control group will not receive training during this period.

Main outcome variables

Improving the mental health and lifestyle of elderly

women Promoting health-promoting behaviors of elderly women

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20111017007816N20**

Registration date: **2023-06-07, 1402/03/17**

Registration timing: **retrospective**

Last update: **2023-06-07, 1402/03/17**

Update count: **0**

Registration date

2023-06-07, 1402/03/17

Registrant information

Name

Mahin Nazari

Name of organization / entity

School of health

Country

Iran (Islamic Republic of)

Phone

+98 71 1725 1001

Email address

manazari@sums.ac.ir

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2023-05-01, 1402/02/11

Expected recruitment end date

2023-06-01, 1402/03/11

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Investigating the effect of mental health and lifestyle educational intervention on health promoting behaviors in elderly women under the care of a family doctor

Public title

The effect of mental health and lifestyle educational intervention on health promoting behaviors

Purpose

Education/Guidance

Inclusion/Exclusion criteria**Inclusion criteria:**

Be covered by a family doctor and registered in the electronic health system (Sib). Age over 60 years old Not suffering from mental health disorders in the Sib system Ability to communicate (not suffering from severe vision and hearing defects that Glasses and hearing aids cannot be modified) Willingness to participate in the study and complete the informed consent form.

Exclusion criteria:

Unwillingness to continue cooperation Absence in more than 1 training session Death or migration of the elderly Failure to complete the questionnaire post test

Age

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

Gender

Female

Phase

1

Groups that have been masked

No information

Sample size

Target sample size: **140**

Randomization (investigator's opinion)

Randomized

Randomization description

Pasargad health center has 5 family doctor's offices under its coverage. 2 family doctor's offices that will be selected randomly, which will be randomly assigned using the table of random numbers in EXCL software. One family doctor's office will be assigned to the control group and another family doctor's office will be assigned to the intervention group.

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**

Shiraz University Of Medical Sciences

Street address

Shiraz University of Medical Sciences, Zand St.

City

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Province

Fars

Postal code

7153675541

Approval date

2023-04-30, 1402/02/10

Ethics committee reference number

IR.SUMS.SCHEANUT.REC.1402.012

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

mental disorders

ICD-10 code

F06

ICD-10 code description

Other mental disorders due to known physiological condition

Primary outcomes**1****Description**

mental health

Timepoint

Before and one month after the intervention

Method of measurement

Goldberg's General Health Questionnaire

2**Description**

Health promoting lifestyle

Timepoint

Before and one month after the intervention

Method of measurement

Health-promoting Lifestyle Profile Questionnaire

Secondary outcomes

empty

Intervention groups**1****Description**

Intervention group: In this study, for educational

intervention, for elderly women in the intervention group, an educational program will be held in the form of short lectures, discussion groups, questions and answers, and using educational aids such as (pamphlets and PowerPoint). Elderly women will be divided into groups of 23 people and will be trained in 7 90-minute training sessions. The control group will not receive training during this period.

Category

N/A

2

Description

Control group: The control group will not receive training during this period.

Category

N/A

Recruitment centers

1

Recruitment center

Name of recruitment center

Family doctor's office number 1

Full name of responsible person

Behbood Zarei

Street address

Imam Khomeini street

City

Pasargad

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7374189154

Phone

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2

Recruitment center

Name of recruitment center

Family doctor's office number 2

Full name of responsible person

Mohammad Shiravani

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Shiraz University of Medical Sciences

Full name of responsible person

Mahin Nazari

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Razi St. 10 - Razi Boulevard - Zahra Alley - School of Health - Shiraz University of Medical Sciences

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manazari@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

Raziyeh Asadi

Position

Masters student

Latest degree

Bachelor

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Person responsible for scientific inquiries

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Person responsible for updating data

Contact

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Sharing plan

Deidentified Individual Participant Data Set (IPD)

Yes - There is a plan to make this available

Study Protocol

Yes - There is a plan to make this available

Statistical Analysis Plan

Yes - There is a plan to make this available

Informed Consent Form

Yes - There is a plan to make this available

Clinical Study Report

Yes - There is a plan to make this available

Analytic Code

Yes - There is a plan to make this available

Data Dictionary

Yes - There is a plan to make this available

Title and more details about the data/document

The total potential data can be shared after
unidentifiable people

When the data will become available and for how long

Start the access period 6 months after printing the
results

To whom data/document is available

The total number of people referring to the magazine in
which the article was published

Under which criteria data/document could be used

Supervisor

From where data/document is obtainable

Dr. Mahin Nazari Email manazari@sums.ac.ir

What processes are involved for a request to access data/document

The coordinators author takes about 1 week to 1 month

Comments