

Clinical Trial Protocol

Iranian Registry of Clinical Trials

02 Aug 2026

Effectiveness of life review therapy in psychological distress and social cohesion of retired teachers

Protocol summary

Study aim

Investigating the effectiveness of life review therapy in psychological distress and social cohesion of retired teachers

Design

The current research is a semi-experimental type (pre-test - post-test with a control group). The statistical population of the current research includes all retired teachers, and 40 of them who meet the conditions for entering the research (age over 50 years and a diploma, no psychological disorders) will be selected through purposive sampling. And they will be replaced in two experimental (20 people) and control (20 people) groups. The experimental group will be trained during 6 life review sessions and the control group will not receive training.

Settings and conduct

The participants in this research replaced in two experimental (20 people) and control (20 people) groups. A pre-test was taken from both groups and the experimental group will be taught during 6 life review sessions. Then the test will be taken from both control and intervention groups.

Participants/Inclusion and exclusion criteria

The participants in the research must be retired teachers with at least 50 years of age and a diploma degree, who do not have any psychological disorders.

Intervention groups

The participants in this research were selected in a purposeful way and will be replaced in two experimental (20 people) and control (20 people) groups. A pre-test was taken from both groups and the experimental group will be taught during 6 life review sessions. The control group will not receive training. The life review treatment plan is based on Haight and Webster's life review treatment model (1985) in 6 60-minute treatment sessions. This treatment plan is designed based on Erikson's developmental stages. Then the test will be taken from both control and intervention groups.

Main outcome variables

psychological distress and social cohesion of retired teachers

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20230617058500N1**

Registration date: **2023-08-03, 1402/05/12**

Registration timing: **prospective**

Last update: **2023-08-03, 1402/05/12**

Update count: **0**

Registration date

2023-08-03, 1402/05/12

Registrant information

Name

zahra sanjari

Name of organization / entity

Islamic Azad university, Birjand branch

Country

Iran (Islamic Republic of)

Phone

+98 56 3232 7371

Email address

zahrasanjari21@gmail.com

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2023-08-06, 1402/05/15

Expected recruitment end date

2023-08-11, 1402/05/20

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Effectiveness of life review therapy in psychological distress and social cohesion of retired teachers

Public title

Effectiveness of life review therapy in psychological distress and social cohesion of retired teachers

Purpose

Treatment

Inclusion/Exclusion criteria**Inclusion criteria:**

being a teacher retired Have a diploma

Exclusion criteria:

being under 50 years old older than 70 years old Having a psychological disorder

Age

From **50 years** old to **70 years** old

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **40**

Randomization (investigator's opinion)

Not randomized

Randomization description**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 Birjand University of Medical Sciences

Street address

No.270,Gholastan 18,West Gholastan Ave.,Sajadshaher Blvd., Birjand Town.

City

Birjand

Province

South Khorasan

Postal code

9719978877

Approval date

2023-03-12, 1401/12/21

Ethics committee reference number

IR.BUMS.REC.1401.454

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

psychological distress and social cohesion

ICD-10 code**ICD-10 code description****Primary outcomes****1****Description**

psychological distress of retired teachers.

Timepoint

The effectiveness of life review therapy at the beginning of the study (before the intervention), 14 and 21 days after the start of life review therapy in psychological distress of retired teachers.

Method of measurement

Kessler's standard psychological distress questionnaire form 10 questions and Pascarla

2**Description**

social cohesion of retired teachers

Timepoint

The effectiveness of life review therapy at the beginning of the study (before the intervention), 14 and 21 days after the start of life review therapy in the social cohesion of retired teachers.

Method of measurement

Pascarella and Terenzini's 1980 Institutional Cohesion Standard Questionnaire (Social Cohesion).

Secondary outcomes

empty

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

Intervention group: The educational program of treatment based on quality of life based on life review (Haight and Webster, 2014) will be held for the experimental group during 6 sessions of 60 minutes. This treatment plan is designed based on Erikson's developmental stages. The instruction each session is the first introduction and familiarization of the group with each other, the second is the description of the main elements, the third is familiarization with the objectives, the fourth is the review, the fifth is the definition, the

sixth is the definition

Category

Treatment - Other

2

Description

Control group: Answering the pre-exam and post-exam as evidence. The control group will not receive any training

Category

Treatment - Other

Recruitment centers

1

Recruitment center

Name of recruitment center

Education of Birjand Town

Full name of responsible person

Zahra Sanjari

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity

The Islamic Azad University of Birjand

Full name of responsible person

Majid Aliabadi

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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

The Islamic Azad University of Birjand

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

The Islamic Azad University of Birjand

Full name of responsible person

Zahra Sanjari

Position

Senior clinical student

Latest degree

Bachelor

Other areas of specialty/work

Psychology

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Person responsible for scientific inquiries

Contact

Name of organization / entity

The Islamic Azad University of Birjand

Full name of responsible person

Mino Mire

Position

Professor, Associate professor, Faculty and Head of Imam Sajjad Campus University (AS)

Latest degree

Ph.D.

Other areas of specialty/work

Psychology

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Person responsible for updating data

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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