Clinical Trial Protocol
Iranian Registry of Clinical Trials

08 Jun 2026

The effect of Reminiscence on the Anxiety caused by the retirement syndrome in elderly

Protocol summary

Study aim
Determining the effect of reminiscing on anxiety caused by retirement syndrome in the elderly

Design
Clinical trial with control group, with parallel groups, double-blind, randomized, on 88 patients. To control the effect of randomization, the samples of the control group come to the center on odd days of the week and the samples of the intervention group come to the center on even days of the week.

Settings and conduct
The place of performance is Babol Cultural Retirement Center. For the purpose of blinding, sampling was done by an uninformed evaluator.

Participants/Inclusion and exclusion criteria
Entry criteria include: At least six months have passed since retirement. Age between 60-75 years Having relative physical and mental health Having acceptable hearing Consent to participate in the study Not having severe anxiety Living with a spouse Exit criteria: Not participating in more than one reminiscence session Severe family crisis Intolerance of the group Having mental illnesses Lack of physical health

Intervention groups
This study is a clinical trial, randomized with a control group on the cultural retirees of the city Babylon will be done. First, by referring to the center of cultural retirees with Rosh Available sampling, then randomly assigning groups of people are divided into control and test groups. Random sampling is done in the morning from Saturday to Wednesday. Beck, retirement syndrome and demographic questionnaires are filled by both control and intervention groups. The intervention group will undergo 6 reminiscence sessions and the control group will undergo routine care. After one month, Beck's questionnaire will be subjected to statistical intervention by two groups as a post-test.

Main outcome variables
Anxiety score in Beck's questionnaire

General information

Reason for update

Acronym
ERARS

IRCT registration information
IRCT registration number: **IRCT20230702058642N1**
Registration date: **2024-01-08, 1402/10/18**
Registration timing: **registered_while_recruiting**

Last update: **2024-01-08, 1402/10/18**
Update count: **0**

Registration date
2024-01-08, 1402/10/18

Registrant information

Name
Hadise Zamani Hamzekolai

Name of organization / entity

Country
Iran (Islamic Republic of)

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+98 11 3233 8807

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Recruitment status
Recruitment complete

Funding source

Expected recruitment start date
2023-12-22, 1402/10/01

Expected recruitment end date
2024-02-20, 1402/12/01

Actual recruitment start date
empty

Actual recruitment end date
empty

Trial completion date
empty

Scientific title
The effect of Reminiscence on the Anxiety caused by the retirement syndrome in elderly

Public title
The effect of Reminiscence on the anxiety caused by the retirement syndrome

Purpose
Health service research

Inclusion/Exclusion criteria

Inclusion criteria:
The elderly who have been retired for at least six months. Their age should be between 60 and 75 years In order to participate in the group, they must have an acceptable hearing according to the person's statements, regardless of physical health and mental health. Consent to participate in the study. Do not have severe anxiety (score 31 or higher in the Beck questionnaire). Live with their wife

Exclusion criteria:
Those who do not participate in more than one reminiscence session. Those who experience a severe family crisis during the study, such as the loss of a family member. Those who do not have the ability to tolerate the group. Those who suffer from mental and physical illnesses.

Age
From **60 years** old to **75 years** old

Gender
Both

Phase
N/A

Groups that have been masked

- Outcome assessor

Sample size
Target sample size: **88**

Randomization (investigator's opinion)
Randomized

Randomization description
The samples will be randomly assigned to one of two intervention or control groups based on a random list. To control the effect of randomization, the samples of the control group will come to the center on odd days of the week and the samples of the intervention group will come to the center on even days of the week.

Blinding (investigator's opinion)
Single blinded

Blinding description
An evaluator unaware of the method of intervention and the subject of the study evaluates and completes the questionnaire on Thursdays in order to comply with the conditions of blinding.

Placebo
Not used

Assignment
Parallel

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee
Ethics Committee of Shahid Sadoughi University of Medical Sciences, Yazd

Street address
Meraj 21,Khurshidkala, Babol, Iran

City
babol

Province
Mazandaran

Postal code
4714745545

Approval date
2023-08-21, 1402/05/30

Ethics committee reference number
IR.SSU.REC.1402.045

Health conditions studied

1

Description of health condition studied
Anxiety

ICD-10 code
F41.9

ICD-10 code description
Anxiety disorder, unspecified

Primary outcomes

1

Description
Anxiety score in Beck's questionnaire

Timepoint
At the beginning of the study, that is, before the start of the intervention and one month after the intervention

Method of measurement
Beck's anxiety questionnaire

Secondary outcomes

empty

Intervention groups

1

Description
Intervention group:We consider 44 people randomly in the intervention group. We divide people into groups of 8 to 10 people. People in the intervention group fill out Beck's anxiety questionnaire as a pre-test. Then these people undergo 6 sessions of reminiscence intervention twice a week for forty-five to sixty minutes with the topics (members' introduction to each other + life events, family history, professional memories, experiences with stress, meaning and the meaning of life

and summary) are placed. One month after the completion of the reminiscence sessions, Beck's anxiety questionnaire is completed as a post-test. Then the data is evaluated statistically.

Category

N/A

2

Description

Control group: We consider 44 people randomly in the control group. First, as a pre-test, people fill out Beck's anxiety questionnaire. People in the control group are subjected to routine care, including mental and physical games (chess, volleyball, soccer, Shahnameh reading, and music) of the center. One month after the end of the interventions, the Beck questionnaire will be completed as a post-test.

Category

N/A

Recruitment centers

1

Recruitment center

Name of recruitment center
Center for cultural retirees of Babol

Full name of responsible person
Hadise zamani

Street address
Meraj19, Khorshid kola, Bagh ferdos, Babol, Iran

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Babol

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4714745545

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+98 11 3233 8807

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hadis.zamani7697@gmail.com

Sponsors / Funding sources

1

Sponsor

Name of organization / entity
Yazd University of Medical Sciences

Full name of responsible person
Yazd University of Medical Sciences

Street address
Faculty of Nursing and Midwifery, 15 Bo Ali Stree, Falahi Blvd, Yazd,Iran

City
yazd

Province
Yazd

Postal code
8916877441

Phone
+98 35 3824 1751

Email
hadis.zamani7697@gmail.com

Grant name

Grant code / Reference number

Is the source of funding the same sponsor organization/entity?
Yes

Title of funding source
Yazd 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
Yazd University of Medical Sciences

Full name of responsible person
hadise.zamani

Position
Student

Latest degree
Bachelor

Other areas of specialty/work
Nursery

Street address
Meraj 21,Khurshidkala, Babol, Iran

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Person responsible for scientific inquiries

Contact

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Full name of responsible person
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Person responsible for updating data

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Latest degree
Bachelor
Other areas of specialty/work
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Sharing plan

Deidentified Individual Participant Data Set (IPD)
Yes - There is 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
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
Information about the main outcome or similar
When the data will become available and for how long
The access period starts 6 months after the results are published
To whom data/document is available
For all members of society
Under which criteria data/document could be used
Helping the elderly with retirement syndrome if the results of this study are effective
From where data/document is obtainable
Refer to the website of Shahid Sadoughi University of Medical Sciences, Yazd Request via email address: hadis.zamani7697@gmail.com Contact number 09114126874
What processes are involved for a request to access data/document
Refer to the website of Shahid Sadoughi University of Medical Sciences, Yazd Request via email address: hadis.zamani7697@gmail.com Contact number 09114126874
Comments
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