

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)

Phone

+98 11 3233 8807

Email address

hadis.zamani7697@gmail.com

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

City

Babol

Province

Mazandaran

Postal code

4714745545

Phone

+98 11 3233 8807

Email

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

City

babol

Province

Mazandaran

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Phone

+98 11 3233 8807

Email

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Person responsible for scientific inquiries

Contact

Name of organization / entity

Yazd University of Medical Sciences

Full name of responsible person

hadise.zamani

Position

Student

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Person responsible for updating data**Contact****Name of organization / entity**

Yazd University of Medical Sciences

Full name of responsible person

hadise zamani

Position

student

Latest degree

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Email

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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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