Clinical Trial Protocol
Iranian Registry of Clinical Trials

09 Nov 2026

The Effectiveness of Emotion-Focused Therapy on Death Anxiety and Resilience in Older Adults: A Randomized Study

Protocol summary

Study aim
Determining the simultaneous effectiveness of emotional therapy on death anxiety and resilience in the elderly.

Design
The current study is an applied and semi-experimental research that is carried out by implementing a pre-test, post-test and comparison with the control group.

Settings and conduct
After the approval of the Zagros Elderly Care and Rehabilitation Center in Shiraz, a list of the elderly of the center is prepared, the main sample consists of 30 selected people, who are selected by available sampling method. Among these 30 people, 15 people are randomly assigned to the experimental group and 15 people are assigned to the control group.

Participants/Inclusion and exclusion criteria
The criterion for entering the research is to have an AMT score above 8 and consent to participate in the research. After the implementation of the AMT test, some of those who scored lower than 8 in this test will be left out. The criterion for leaving people from the research is the inability of the elderly to participate in group therapy sessions.

Intervention groups
With the help of Templer's death anxiety and Connor-Davidson's resilience questionnaires, the anxiety and resilience of the elderly in the control and experimental groups are measured. The experimental group will participate in 8 90-minute sessions of Greenberg and Watson's emotional therapy protocol, and the control group will not receive any training. At the end of the training sessions, the post-test for both groups is again measured by Templer's death anxiety questionnaire and Connor-Davidson's resilience.

Main outcome variables
Determining the simultaneous effectiveness of emotional therapy on death anxiety and resilience in the elderly.

General information

Reason for update

Acronym

IRCT registration information
IRCT registration number: **IRCT20201116049412N2**
Registration date: **2025-08-08, 1404/05/17**
Registration timing: **prospective**

Last update: **2025-08-08, 1404/05/17**
Update count: **0**

Registration date
2025-08-08, 1404/05/17

Registrant information

Name
Forouzan Esmaielzadeh

Name of organization / entity

Country
Iran (Islamic Republic of)

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+98 71 3820 4055

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Recruitment status
Recruitment complete

Funding source

Expected recruitment start date
2025-08-23, 1404/06/01

Expected recruitment end date
2025-09-21, 1404/06/30

Actual recruitment start date
empty

Actual recruitment end date
empty

Trial completion date
empty

Scientific title

The Effectiveness of Emotion-Focused Therapy on Death Anxiety and Resilience in Older Adults: A Randomized Study

Public title
Exploring the efficacy of emotion-focused therapy on death anxiety and resilience in the elderly
Purpose
Education/Guidance
Inclusion/Exclusion criteria
Inclusion criteria:
Age 60 or above A score higher than 8 in the AMT test Able to give informed consent
Exclusion criteria:
The inability of the elderly to participate in group therapy sessions Dementia or cognitive impairment Communication barriers Receiving psychological treatment during the study
Age
From **60 years** old
Gender
Both

Phase
N/A
Groups that have been masked
No information
Sample size
Target sample size: **30**
Randomization (investigator's opinion)
Randomized
Randomization description
In this study, a total of 30 eligible participants will be selected through convenience sampling from elderly centers in Shiraz. After eligibility screening and obtaining informed consent, participants will be randomly assigned to either the intervention group (Emotion-Focused Therapy) or the control group (waitlist) in a 1:1 ratio. Randomization will be conducted using a computer-generated random sequence (e.g., using Excel RAND function), prepared in advance by an independent researcher not involved in recruitment or intervention. To ensure allocation concealment, the group assignments will be placed in sealed, opaque, and sequentially numbered envelopes, which will be opened only after each participant is formally enrolled. This method ensures unbiased group allocation and balance between groups throughout the trial.
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
کمیته اخلاق در پژوهش دانشگاه آزاد اسلامی واحد شیراز
Street address
Islamic Azad University campus, Shiraz branch, 5 km Sadra city
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Approval date
2023-07-17, 1402/04/26
Ethics committee reference number
IR.IAAU.SHIRAZ.REC.1402.152

Health conditions studied

1

Description of health condition studied
Death anxiety
ICD-10 code
ICD-10 code description

Primary outcomes

1

Description
The percentage of people whose Connor Davidson resilience questionnaire score is above 50.
Timepoint
Before the start of the intervention and after the end of the intervention
Method of measurement
Connor Davidson Resilience Questionnaire

2

Description
The percentage of people whose Templar Death Anxiety Questionnaire score is higher than 8.
Timepoint
Before the start of the intervention and after the end of the intervention
Method of measurement
Templer Death Anxiety Questionnaire

Secondary outcomes

empty

Intervention groups

1

Description
Control group:
Category
N/A

2

Description
Intervention group:
Category
Lifestyle

Recruitment centers

1

Recruitment center
Name of recruitment center
Zagros Center for the Elderly
Full name of responsible person
Majid Jalali
Street address
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Sponsors / Funding sources

1

Sponsor
Name of organization / entity
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Grant name
Grant code / Reference number
Is the source of funding the same sponsor organization/entity?
No
Title of funding source
research fellow
Proportion provided by this source
100
Public or private sector
Private
Domestic or foreign origin
Domestic
Category of foreign source of funding
empty
Country of origin
Type of organization providing the funding
Persons

Person responsible for general inquiries

Contact
Name of organization / entity
Islamic Azad University
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Forouzan Esmaielzadeh
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Other areas of specialty/work

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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