Clinical Trial Protocol
Iranian Registry of Clinical Trials

18 Sep 2026

Comparing the effectiveness of teaching positive psychology strategies and yoga techniques on resilience, forgiveness and death anxiety in elderly women of Shahr-e Babak city.

Protocol summary

Study aim
Determining the difference in the effectiveness of teaching positive psychological strategies and yoga techniques on resilience, forgiveness and death anxiety of elderly women in Shahrbabak city.

Design
A clinical trial with a control group, with two intervention groups, a blind strain, has been implemented on 45 patients in an accessible form.

Settings and conduct
This research, after sampling among the elderly women covered by the health home, who meet the entry criteria after the pre-test, will be subjected to the presentation of variables at the health home.

Participants/Inclusion and exclusion criteria
The statistical population of this research will include all elderly women of Shahrbabak city in 1402. The sampling method is readily available. who have the criteria to enter the research Criteria for entering the research: Being elderly, reading and writing, not having a serious illness, not having regular sports activities, being interested in participating in training programs, not participating in other training programs at the same time, getting a low score in the resilience and forgiveness questionnaire and getting a score Above in the death anxiety questionnaire, written consent to participate in the research.

Intervention groups
The subjects will be divided into two experimental groups and one control group (15 people each). Then, to the first experimental group, positive psychological strategies in 9 sessions, each session lasting 70 minutes and two sessions per week, and to the second experimental group, yoga techniques including 15 minutes of consciousness rotation and stretching and rotation movements, 30 minutes of asanas and Shavasana will be 15 minutes, will be offered. The control group will not receive any intervention during this period.

Main outcome variables
resilience; Forgiveness and the anxiety of death

General information

Reason for update

Acronym

IRCT registration information
IRCT registration number: **IRCT20230929059551N1**
Registration date: **2023-10-17, 1402/07/25**
Registration timing: **prospective**

Last update: **2023-10-17, 1402/07/25**
Update count: **0**

Registration date
2023-10-17, 1402/07/25

Registrant information

Name
Hakime Kafi

Name of organization / entity

Country
Iran (Islamic Republic of)

Phone
+98 34 3323 6528

Email address
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Recruitment status
Recruitment complete

Funding source

Expected recruitment start date
2023-11-21, 1402/08/30

Expected recruitment end date
2024-02-19, 1402/11/30

Actual recruitment start date
empty

Actual recruitment end date
empty
Trial completion date
empty

Scientific title
Comparing the effectiveness of teaching positive psychology strategies and yoga techniques on resilience, forgiveness and death anxiety in elderly women of Shahr-e Babak city.

Public title
Comparing the effectiveness of teaching positive psychology strategies and yoga techniques on resilience, forgiveness and death anxiety in elderly women
Purpose
Prevention
Inclusion/Exclusion criteria
Inclusion criteria:
being elderly Literacy for reading and writing Not having a severe illness Lack of regular sports activity Being interested in participating in training programs Not participating in other training programs at the same time Obtaining a low score in the resilience and forgiveness questionnaire Obtaining a high score in the death anxiety questionnaire Written consent to participate in the research
Exclusion criteria:
being a man Having a specific physical illness Having an incurable disease Lack of consent to participate in research
Age
From **60 years** old
Gender
Female

Phase
N/A
Groups that have been masked
No information
Sample size
Target sample size: **45**
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
Research ethics committee of Islamic Azad University, Kerman branch
Street address
Hafezan 1, Hafezan ave, Emam Ali Blvd
City
Kerman
Province
Kerman
Postal code
7617737151
Approval date
2023-09-09, 1402/06/18
Ethics committee reference number
IR.IAU.KERMAN.REC.1402.089

Health conditions studied

1

Description of health condition studied
elderly women
ICD-10 code
ICD-10 code description

Primary outcomes

1

Description
Resilience
Timepoint
Resilience measurement at the beginning of the study (before the start of the intervention) and 5 weeks after the beginning of teaching positive psychology strategies and teaching yoga techniques.
Method of measurement
Connor and Davidson Resilience Questionnaire, 2003

2

Description
Forgiveness
Timepoint
Measurement of forgiveness at the beginning of the study (before the start of the intervention) and 5 weeks after the beginning of teaching positive psychology strategies and teaching yoga techniques.
Method of measurement
Ray et al.'s forgiveness questionnaire (2001)

3

Description
death anxiety
Timepoint
Measurement of death anxiety at the beginning of the study (before the start of the intervention) and 5 weeks after the beginning of teaching positive psychological strategies and teaching yoga techniques.
Method of measurement
Templer's Death Anxiety Questionnaire (1970)

Secondary outcomes

empty

Intervention groups

1

Description

Intervention group: positive psychology strategies training In this research, positive psychology strategies training will be held in 9 sessions, each session will last 70 minutes and two sessions will be held every week. group to each other and establishing initial communication, review of group rules, structure and objectives of the meetings, providing a perspective of the schedule of future meetings and conducting the second pre-test, framing the subjects based on positive psychotherapy, asking the subjects to write The story of positive self-introduction and presentation of homework (thinking and talking with others about their own positive characteristics) Third, presenting a summary of the previous meeting and receiving feedback, reviewing the story of positive introduction and identifying and discussing the abilities in the story, asking Subjects to design a special plan to implement their abilities and present homework (thinking and talking with people around them about their own abilities for the purpose of recognizing their abilities). Fourth, presenting a summary of the previous session and receiving feedback, focusing on the structure of forgiveness. and introducing it as a tool to eliminate negative emotions and provide homework (identify your negative emotions and focus on forgiveness and preparation for the conversation for the next session) Fifth, provide a summary of the previous session and receive feedback, focus on the structure Gratitude and introduction of its benefits in the form of psychological, physical and interpersonal consequences, especially increasing the feeling of satisfaction with life. Sixth, presenting a summary of the previous session and receiving feedback, focusing on the issues of hope and optimism, teaching the concept of documents to the subject. teaching internal, general and stable documents to those seeking therapy to increase their hope and optimism. 8th presentation of the summary of the previous session and receiving feedback, focusing on love and attachment, advice to subjects to communicate and connect with others. 8th presentation. Summary of the previous session and receiving feedback, introducing the subjects to the concept of taste, teaching the therapists to participate in enjoyable activities, 9. Checking the assignments, receiving feedback from the members, checking the progress and achievements. , summary and conclusion, discussion about the generalization of the findings and the application of topics in life and the implementation of the post-exam

Category

Prevention

2

Description

Intervention group: Yoga techniques training: The yoga techniques program will include 15 minutes of awareness rotation and stretching and rotation movements, 30 minutes of asanas and 15 minutes of Shavasana. The rotation of awareness is the relaxation at the beginning of the class to focus attention and awareness from the outside environment to the inside of the class and the physical and mental preparation of the subjects to start the exercises. Stretching and rotation movements will also be performed to prepare the body to start the asanas along with focusing on inhaling and exhaling. Asanas will include yoga movements and physical exercises and Shavasana, relaxation at the end of the class, in which the whole body is relaxed. The summary of the content of the sessions of yoga techniques is presented in the table below. Selected yoga training program Selected yoga exercises Training steps Time (minutes) Rotation of consciousness, stretching and rotating movements of joints Warming up the body 15 asanas: correct standing, wall exercises (strengthening movements of arm muscles, sides and legs). Pranayama: exercises Breathing, physical and breathing movements 30 Shavasana: posture of the body and relaxation, meditation, global prayer, yoga, relaxation and meditation

Category

Prevention

3

Description

Control group: control group

Category

N/A

Recruitment centers

1

Recruitment center

Name of recruitment center

Comprehensive urban health service center number one

Full name of responsible person

Forozan Riahian Medvari

Street address

Shahri Annex Base No. 1, Behdash Alley, Imam st

City

Shahrbabak

Province

Kerman

Postal code

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity
Islamic Azad University
Full name of responsible person
Dr. Hamid Melai
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Hamid.molayi@iau.ac.ir

Grant name

Grant code / Reference number

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

Title of funding source
Islamic Azad University

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
Islamic Azad University
Full name of responsible person
Hakime Kafi
Position
Doctoral student
Latest degree
Master
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)
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

No - There is not 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

No - There is not a plan to make this available

Title and more details about the data/document

The raw data file extracted from the questionnaires
Statistical data analysis file

When the data will become available and for how long

The access period starts 8 months after the results are published

To whom data/document is available

only for researchers and workers in academic institutions

Under which criteria data/document could be used

In order to use this data during communication, necessary arrangements are made regarding the permitted analysis method. They can only be used for academic research

From where data/document is obtainable

They can make necessary arrangements to receive data by sending emails and communicating.
hakime.kafi.1501@gmail.com

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

After the request is made by the applicant and confirmation is received from the supervisor, the data file is sent via email

Comments