Clinical Trial Protocol
Iranian Registry of Clinical Trials

07 Nov 2026

The effectiveness of laughter yoga training on the quality and life expectancy of elderly people living in nursing homes

Protocol summary

Study aim
Determining the effectiveness of laughter yoga training on the quality and life expectancy of elderly people living in nursing homes in Shirvan city

Design
Randomized, unblinded, randomized clinical trial on 40 elderly people using a table of random numbers for randomization.

Settings and conduct
12 laughter yoga sessions for 100 minutes are performed on 20 elderly people in two nursing homes in Shirvan city, which are selected using a table of random numbers. In this study, only the elderly people do not know their group.

Participants/Inclusion and exclusion criteria
Entry criteria: Completion of the informed consent form, the elderly must be residents of Shirvan nursing homes - the birth certificate age of the person is over 60 years old - without severe and chronic physical and mental illness based on the medical record - able to communicate with others - free of disorders Hearing and speech impair communication - no dementia or severe disability Exclusion criteria:Participating in Laughter Yoga sessions in advance - Severe memory loss - Dissatisfaction in participating in Laughter Yoga training sessions, must not be a resident of an old people's home, must not be a resident of Shirvan city

Intervention groups
Completing Schneider's life expectancy and Lipad quality of life questionnaires in both intervention and control groups, teaching laughter yoga to the elderly participating in the intervention group

Main outcome variables
Significant change in the score of life expectancy and quality of life in the elderly in the intervention group

General information

Reason for update
Changing the study location from the Bojnurd nursing home to Shirvan.

Acronym

IRCT registration information
IRCT registration number: **IRCT20240123060777N2**
Registration date: **2024-07-19, 1403/04/29**
Registration timing: **prospective**

Last update: **2026-08-20, 1405/05/29**
Update count: **1**

Registration date
2024-07-19, 1403/04/29

Registrant information

Name
Azam Saedikia

Name of organization / entity

Country
Iran (Islamic Republic of)

Phone
+98 938 574 6207

Email address
a.saedikia@nkums.ac.ir

Recruitment status
recruiting

Funding source

Expected recruitment start date
2026-10-23, 1405/08/01

Expected recruitment end date
2026-12-22, 1405/10/01

Actual recruitment start date
empty

Actual recruitment end date
empty

Trial completion date
empty

Scientific title
The effectiveness of laughter yoga training on the quality

and life expectancy of elderly people living in nursing homes

Public title
The effect of laughter yoga on the quality and life expectancy of elderly people living in nursing homes
Purpose
Education/Guidance
Inclusion/Exclusion criteria
Inclusion criteria:
Complete the informed consent form Elderly residents of Shirvan city nursing homes The birth certificate age of people is over 60 years old Without severe and chronic physical and mental illness based on the medical record Able to communicate with others Have no hearing and speech disorders disrupting communication Not having dementia or severe disability
Exclusion criteria:
Participate in Laughter Yoga sessions beforehand Severe memory loss Do not live in a nursing home Not a resident of Shirvan city
Age
From **60 years** old
Gender
Both

Phase
N/A
Groups that have been masked
No information
Sample size
Target sample size: **40**
Randomization (investigator's opinion)
Randomized
Randomization description
People will be randomly divided into two control groups (20 people) and intervention group (20 people). In this way, closed envelopes will be used for random allocation. Participants choose one envelope from among the 40 envelopes in the box, 20 of which contain the "A" card and the other 20 envelopes contain the "B" card. If they take the "A" card, they will be in the intervention group, and if they take the "B" card, they will be in the control group
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 North Khorasan University of Medical Sciences
Street address
South side of Imam Ali Hospital (AS), Shahriar St, Bojnoord.
City
Bojnord
Province
North Khorasan
Postal code
74877-94149
Approval date
2023-11-29, 1402/09/08
Ethics committee reference number
IR.NKUMS.REC.1402.152

Health conditions studied

1

Description of health condition studied
Life expectancy and quality of life of the elderly.
ICD-10 code
ICD-10 code description

Primary outcomes

1

Description
Coefficient score in Schneider's life expectancy questionnaire
Timepoint
before the intervention and 1 week after the intervention
Method of measurement
Using Schneider's life expectancy questionnaire

2

Description
Coefficient score in Lipad elderly quality of life questionnaire
Timepoint
before the intervention and 1 week after the intervention
Method of measurement
Using Lipad elderly quality of life questionnaire

Secondary outcomes

empty

Intervention groups

1

Description
Intervention group: 20 elderly people will randomly receive 12 sessions for 100 minutes of laughter yoga training in North Khorasan nursing homes by a psychologist. The objectives and topics of the sessions will be as follows: First session: Getting to know the elderly; 2. Familiarizing the elderly with the benefits of

laughter; 3. Introducing each participant and laughing at the one who introduces himself; 4. Handshake and warming, laughter and congratulations; 5. Greetings in Hindi (Namaste), and shake hands; and 6. Meditation and relaxation with positive and motivational words. The second session: laughing and congratulating; 2. Talking about the previous meeting; 3. Holding hands and warming up; 4. Deep breathing; 5. laughter of reasoning; 6. Forgiveness of laughter; 7. Appreciate laughter; 8. Show a movie; 9. Reading comic books; 10. meditation and relaxation. The third session: 1. Laughing and congratulating; 2. Talking about previous meetings; 3. Holding hands and warming up; 4. Cell phone laughter; 5. Japanese greeting; 6. A moment of laughter; 7. Showing a movie; 8. Reading a comic book; 9. meditation and relaxation. The fourth session: 1. exercise and stretching; 2. Laughing and congratulating; 3. Talking about previous meetings; 4. Hand grip and heating; 5. Rhythmic sounds and movements; 6. Shy laugh; 7. Cell phone laughter; 8. Show a movie; 9. Reading a comic book; 10. Meditation and relaxation, the fifth session: 1. laughing and congratulating; 2. Talking about previous meetings; 3. Holding hands and warming up; 4. Appreciate laughter; 5. Laughter of one meter; 6. Showing a movie; 7. Reading a comic book; 8. meditation and relaxation. The sixth session: 1. laughing and congratulating; 2. Talking about previous meetings; 3. Holding hands and warming up; 4. Deep breathing; 5. Lion's laugh; 6. Loud laughter; 7. Showing a movie; 8. Reading a comic book; 9. meditation and relaxation. The seventh session: 1. laughter and congratulations; 2. Talking about previous meetings; 3. Holding hands and warming up; 4. Laughter Seesaw; 5. Bicycle laughter; 6. Happy laughter; 7. Showing a movie; 8. Reading a comic book; 9. Meditation and relaxation. Eighth session: 1. Laughter and congratulations; 2. Talking about previous meetings; 3. Holding hands and warming up; 4. Argument of laughter; 5. Laughter 6. Joyful laughter; 7. Showing a movie; 8. Reading a comic book; 9. meditation and relaxation. The ninth session: 1. laughter and congratulations; 2. Talking about previous meetings; 3. Holding hands and warming up; 4. Appreciate laughter; 5. Rhythmic sounds and movements; 6. Loud laughter; 7. Showing a movie; 8. Reading a comic book; 9. meditation and relaxation. Tenth session: 1. laughter and congratulations; 2. Talking about previous meetings; 3. Holding hands and warming up; 4. Deep breathing; 5. Laughter of gratitude; 6. Japanese greeting; 7. Showing a movie; 8. Reading a comic book; 9. Meditation and relaxation of the 11th session: 1. laughter and congratulations; 2. Talking about previous meetings; 3. Holding hands and warming up; 4. Deep breathing; 5. Bicycle laughter; 6. Forgiveness of laughter; 7. Showing a movie; 8. Reading a comic book; 9. meditation and relaxation. 12th session: 1. Laughter and congratulations; 2. Talking about previous meetings; 3. Holding hands and warming up; 4. Deep breathing; 5. Loud laughter; 6. Happy laughter; 7. Showing a movie; 8. Reading a comic book; 9. Meditation

Category

Lifestyle

2

Description

Control group: Random selection of 20 elderly people, filling out the questionnaires, not receiving laughter yoga sessions, filling out the questionnaires again.

Category

Lifestyle

Recruitment centers

1

Recruitment center

Name of recruitment center

Anam nursing home

Full name of responsible person

Saedieh Ansari

Street address

Shaghayegh 4, Felestin 31 Street, Shirvan County, North Khorasan

City

Shirvan

Province

North Khorasan

Postal code

9461976199

Phone

+98 58 3636 0711

Email

nurse.saedikia@yahoo.com

2

Recruitment center

Name of recruitment center

Hajar nursing home

Full name of responsible person

Saedieh Ansari

Street address

خراسان شمالی، شهرستان شیروان، خیابان شهید مصیب ایزانلو پشت آموزشگاه رانندگی حسینی

City

Shirvan

Province

North Khorasan

Postal code

9461976199

Phone

+98 58 3621 4413

Email

nurse.saedikia@yahoo.com

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Bojnourd University of Medical Sciences

Full name of responsible person

Bahram Bibak

Street address
Central Building of North Khorasan University of Medical Sciences, Dolat Blvd, Bojnord Town.
City
Bojnurd
Province
North Khorasan
Postal code
74877-94149
Phone
+98 58 3151 0000
Email
INFO@NKUMS.AC.IR

Grant name

Grant code / Reference number

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

Title of funding source
Bojnourd 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
Bojnourd University of Medical Sciences
Full name of responsible person
Azam Saedikia
Position
Faculty instructor
Latest degree
A Level or less
Other areas of specialty/work
Internal Medicine
Street address
Next to Social Security Organization, Imam Khomeini Boulevard, Shirvan Town, North Khorasan.
City
Shirvan
Province
North Khorasan
Postal code
74877-94149
Phone
+98 938 574 6207
Email
nurse.saedikia@yahoo.com

Person responsible for scientific inquiries

Contact

Name of organization / entity
Bojnourd University of Medical Sciences
Full name of responsible person
Azam Saedikia
Position
Faculty instructor
Latest degree
A Level or less
Other areas of specialty/work
Internal Medicine
Street address
Next to Social Security Organization, Imam Khomeini Boulevard, Shirvan Town, North Khorasan.
City
Shirvan
Province
North Khorasan
Postal code
74877-94149
Phone
+98 938 574 6207
Email
nurse.saedikia@yahoo.com

Person responsible for updating data

Contact

Name of organization / entity
Bojnourd University of Medical Sciences
Full name of responsible person
Azam Saedikia
Position
Faculty instructor
Latest degree
A Level or less
Other areas of specialty/work
Gynecology and Obstetrics
Street address
Next to Social Security Organization, Imam Khomeini Boulevard, Shirvan, North Khorasan.
City
Shirvan
Province
North Khorasan
Postal code
74877-94149
Phone
+98 938 574 6207
Email
nurse.saedikia@yahoo.com

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

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

The data will be accessible through publication in reputable journals, but the names of the participants will not be mentioned

When the data will become available and for how long

Access starts 8 months after results are published

To whom data/document is available

Public

Under which criteria data/document could be used

If the researchers need to receive more information from the research, they can submit their request through the responsible author's email, and the requests will be made within the ethical framework. are realized

From where data/document is obtainable

Corresponding author contact will be made available. nurse.saedikia@yahoo.com Email 09385746207 Contact phone 9461976199 Postal code 05836229535 Contact phone

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

All sufficient information will be available in the printed version. If you need more information, you can contact the responsible author through communication channels.

Comments