

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

28 May 2026

### Effect of laughter therapy on quality of life and depression on patients undergoing hemodialysis in dialysis ward Kerman University of Medical Sciences 2015

#### Protocol summary

##### Summary

The aim of study was to determine the effects of laughter therapy on quality of life and depression in patients undergoing hemodialysis in dialysis wards in 94 hospitals in Kerman. This study is experimental and control groups for intervention. The study population consisted of dialysis hemodialysis patients referred to Kerman teaching hospitals are. To achieve this goal, 80 hemodialysis patients referred to the teaching hospital of Kerman, we randomly selected and put them into two groups of 40 people (control) groups in our. The data from the Beck Depression Inventory and the quality of life in hemodialysis patients used. For 8 weeks, 3 sessions per week for 45 minutes under official trainer of Laughter Yoga Laughter Yoga enforcement activity of the disease. And, ultimately, quality of life and depression in the intervention group and the control group compared with the pre-program. Inclusion criteria: need to undergo dialysis three times a week. Exclusion criteria: death or kidney transplant

#### General information

##### Acronym

##### IRCT registration information

IRCT registration number: **IRCT201510077844N9**

Registration date: **2016-07-13, 1395/04/23**

Registration timing: **retrospective**

Last update:

Update count: **0**

##### Registration date

2016-07-13, 1395/04/23

##### Registrant information

###### Name

Mansour Arab

##### Name of organization / entity

Kerman University of Medical Sciences

##### Country

Iran (Islamic Republic of)

##### Phone

+98 34 1320 5179

##### Email address

marab@kmu.ac.ir

##### Recruitment status

**Recruitment complete**

##### Funding source

Kerman University of Medical Sciences

##### Expected recruitment start date

2016-01-30, 1394/11/10

##### Expected recruitment end date

2016-07-06, 1395/04/16

##### Actual recruitment start date

empty

##### Actual recruitment end date

empty

##### Trial completion date

empty

##### Scientific title

Effect of laughter therapy on quality of life and depression on patients undergoing hemodialysis in dialysis ward Kerman University of Medical Sciences 2015

##### Public title

Effect of laughter therapy on quality of life and depression on patients undergoing hemodialysis in dialysis ward Kerman University of Medical Sciences 2015

##### Purpose

Prevention

##### Inclusion/Exclusion criteria

Inclusion criteria: the risk of end-stage renal disease;

three dialysis sessions per week; would like to participate  
Exclusion criteria: death; kidney transplantation;  
unwillingness to continue cooperation

**Age**

No age limit

**Gender**

Both

**Phase**

N/A

**Groups that have been masked**

No information

**Sample size**

Target sample size: **80**

**Randomization (investigator's opinion)**

Randomized

**Randomization description****Blinding (investigator's opinion)**

Single blinded

**Blinding description****Placebo**

Not used

**Assignment**

Parallel

**Other design features****Secondary Ids**

empty

**Ethics committees****1****Ethics committee****Name of ethics committee**

Razi Nursing and Midwifery School, Kerman Sciences  
University of Medical

**Street address**

Razi Nursing and Midwifery School, Haft Bagh Alavi  
Highway, Kerman

**City**

Kerman

**Postal code**

7754312345

**Approval date**

2016-03-14, 1394/12/24

**Ethics committee reference number**

IR.KMU.REC.1394.649

**2****Ethics committee****Name of ethics committee**

Kerman University of Medical Sciences, School of  
Nursing and Midwifery

**Street address**

Kerman University of Medical Sciences, School of  
Nursing and Midwifery

**City**

kerman

**Postal code**

7756341234

**Approval date**

2010-09-23, 1389/07/01

**Ethics committee reference number**

649

**Health conditions studied****1****Description of health condition studied**

Dependence on renal dialysis

**ICD-10 code**

Z99.2

**ICD-10 code description**

Z99.2 Dependence on renal dialysis

**Primary outcomes****1****Description**

Depression

**Timepoint**

4Week

**Method of measurement**

Beck Depression Inventory

**2****Description**

quality of life

**Timepoint**

4week

**Method of measurement**

Renal Disease Quality of Life Questionnaire

**Secondary outcomes**

empty

**Intervention groups****1****Description**

Sampling is as follows After obtaining an informed consent in writing to participate in the study, patient selection, each patient is given a code Throw the dice with even-numbered first patient in the intervention group and the first patient in the control group were number one. Group Intervention: The intervention group patients for 8 weeks, 3 sessions per week, 45 minutes per session on an official coach Laughter Yoga Laughter Yoga is done for these patients And, ultimately, quality of life and depression in the intervention group compared with before the program together.

**Category**

Behavior

**2****Description**

Control group: patients without action once in the first 4 weeks are evaluated once.

**Category**

Behavior

**Recruitment centers****1****Recruitment center****Name of recruitment center**

Shifa Hospital

**Full name of responsible person**

Zainab Fonooni

**Street address**

Healing intersection, Shifa hospital, Dialysis unit

**City**

Kerman

**Sponsors / Funding sources****1****Sponsor****Name of organization / entity**

Vice Chancellor for Research and Kerman University of Medical Sciences

**Full name of responsible person**

ABBAS PARDAKHTI

**Street address**

Razi Nursing and Midwifery School, Haft Bagh Alavi Highway, Kerman

**City**

Kerman

**Grant name****Grant code / Reference number****Is the source of funding the same sponsor organization/entity?**

Yes

**Title of funding source**

Vice Chancellor for Research and Kerman University of Medical Sciences

**Proportion provided by this source**

100

**Public or private sector**

*empty*

**Domestic or foreign origin**

*empty*

**Category of foreign source of funding**

*empty*

**Country of origin****Type of organization providing the funding**

*empty*

**Person responsible for general inquiries****Contact****Name of organization / entity**

Razi Nursing and Midwifery School, Kerman University of Medical Sciences

**Full name of responsible person**

Mansour Arab

**Position**

MSN/ Lecturer of Nursing

**Other areas of specialty/work****Street address**

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**Web page address****Person responsible for scientific inquiries****Contact****Name of organization / entity**

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**Email**

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**Web page address**

## **Sharing plan**

**Deidentified Individual Participant Data Set (IPD)**

*empty*

**Study Protocol**

*empty*

**Statistical Analysis Plan**

*empty*

**Informed Consent Form**

*empty*

**Clinical Study Report**

*empty*

**Analytic Code**

*empty*

**Data Dictionary**

*empty*