

Clinical Trial Protocol

Iranian Registry of Clinical Trials

30 Jun 2026

Comparing the effect of group motivational interviewing with multimedia training on the elderly life style

Protocol summary

Summary

The aim of this study was to compare the effect of group motivational interviewing and multi-media training on the Tehran elderly lifestyle. This three group pre and post clinical trial study was conducted on elderly members of nursing homes in the Tehran municipal districts. In the first phase, in a cross-sectional-descriptive study, Tehran Municipality districts were divided into five categories based on geographical situation by using stratified random sampling. Then a municipal district was randomly selected from each category. Finally one of the elderly nursing homes was selected from each district and was studied 400 members lifestyles aged over 55 years old. Data were collected by using healthy lifestyle questionnaire in Iranian elderly designed by Babak et al (2008). In the second phase, 90 subjects were randomly divided in three groups with moderate or poor lifestyle score and without specific chronic diseases. The first group (n = 30) received 5 sessions of motivational interviewing; the second group (n = 30) multimedia training of healthy lifestyle in old age and the third group (n = 30) did not receive any training as a control group. After 3 months, the healthy lifestyle questionnaire in Iranian elderly was again presented to the three groups and the lifestyles of subjects were studied and analyzed.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT201505068290N7**

Registration date: **2015-10-11, 1394/07/19**

Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2015-10-11, 1394/07/19

Registrant information

Name

Feryal Khamseh

Name of organization / entity

Baqiyatallah University of Medical Sciences

Country

Iran (Islamic Republic of)

Phone

+98 21 2228 9941

Email address

khamseh110@bmsu.ac.ir

Recruitment status

Recruitment complete

Funding source

Baqiyatallah University of Medical Sciences- Nursing faculty- Behavior Sciences Research Center.

Expected recruitment start date

2014-11-06, 1393/08/15

Expected recruitment end date

2015-03-06, 1393/12/15

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Comparing the effect of group motivational interviewing with multimedia training on the elderly life style

Public title

Healthy life style education to the elderly

Purpose

Prevention

Inclusion/Exclusion criteria

Inclusion criteria were consent of participants in the study, the elderly aged 55 and over, the elderly with

poor or moderate lifestyle for participating in the second phase, lack of specific physical and mental debilitating diseases, ability to read and write, and basic familiarity with computers in the second phase. Exclusion criteria were the reluctance of subjects to continue participating in the study, observation of specific mental health problems during the study, absence of more than 2 sessions in intervention group (motivational interviewing).

Age

From **55 years** old to **90 years** old

Gender

Both

Phase

1-2

Groups that have been masked

No information

Sample size

Target sample size: **400**

Randomization (investigator's opinion)

Randomized

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

Not blinded

Blinding description**Placebo**

Not used

Assignment

Parallel

Other design features

How to Randomization: The use of random table numbers

Secondary Ids

empty

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

Ethics committee of Baqiyatallah University of Medical Sciences.

Street address

Baqiyatallah University of Medical Sciences, Sheikh Baha'i st., Mollasadra St., Vali Asr Sq., Tehran

City

Tehran

Postal code**Approval date**

2014-11-02, 1393/08/11

Ethics committee reference number

340/5/5904

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

Healthy lifestyle

ICD-10 code

Z72.8

ICD-10 code description

Other problems related to lifestyle

2**Description of health condition studied**

Healthy lifestyle

ICD-10 code

Z72.3

ICD-10 code description

Lack of physical exercise

3**Description of health condition studied**

Healthy lifestyle

ICD-10 code

Z72.4

ICD-10 code description

Inappropriate diet and eating habits

4**Description of health condition studied**

Healthy lifestyle

ICD-10 code

Z72.0

ICD-10 code description

Tobacco use

5**Description of health condition studied**

Healthy lifestyle

ICD-10 code

Z72.1

ICD-10 code description

Alcohol use

6**Description of health condition studied**

lifestyle

ICD-10 code

Z72

ICD-10 code description

Problems related to lifestyle

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

Healthy lifestyle

Timepoint

Before and three months after intervention

Method of measurement

Iranian lifestyle questionnaire elderly

Secondary outcomes

empty

Intervention groups

1

Description

The first intervention: group motivational interviewing: Selected subjects allocated in two groups of 15 and were under motivational interviewing in 5 sessions (weekly two-hour sessions). Sessions structure was derived from the book of group motivational interviewing intervention and implemented by a trained researcher.

Category

Lifestyle

2

Description

The second intervention: The training content of healthy lifestyle was designed as a multimedia software and introduced to the elderly.

Category

Lifestyle

3

Description

The third intervention: there was no intervention in this group as the control group

Category

Lifestyle

Recruitment centers

1

Recruitment center

Name of recruitment center

Elderly associations in district 10 of municipality, the central part of Tehran

Full name of responsible person

Khamseh Feryal

Street address

Baqiyatallah University of Medical Sciences, Sheikh Baha'i st., Mollasadra St., Vali Asr Sq., Tehran.

City

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2

Recruitment center

Name of recruitment center

Elderly associations in districts 13 of municipality, East Tehran

Full name of responsible person

Khamseh Feryal

Street address

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City

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3

Recruitment center

Name of recruitment center

Elderly associations in districts 3 of municipality, North Tehran

Full name of responsible person

Khamseh Feryal

Street address

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City

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4

Recruitment center

Name of recruitment center

Elderly associations in district 17 of municipality, South Tehran

Full name of responsible person

Khamseh Feryal

Street address

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City

Tehran

5

Recruitment center

Name of recruitment center

Elderly associations in district 21 of municipality, West Tehran

Full name of responsible person

Khamseh Feryal

Street address

Baqiyatallah University of Medical Sciences, Sheikh Baha'i st., Mollasadra St., Vali Asr Sq., Tehran.

City

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Baqiyatallah University of Medical Sciences

Full name of responsible person

Izadi Morteza.D

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Baqiyatallah University of Medical Sciences, Sheikh Baha'i st., Mollasadra St., Vali Asr Sq., Tehran

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Grant name

Grant code / Reference number

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

Yes

Title of funding source

Baqiyatallah 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**

Baqiyatallah University of Medical Sciences

Full name of responsible person

Haji Amini Zahra

Position

Assistant Professor / academic member

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Full name of responsible person

Movahedi Mahmoud

Position

MSc Student

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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*