Clinical Trial Protocol
Iranian Registry of Clinical Trials

08 Nov 2026

A comparative study of the impact of in-person and digital storytelling therapy on the cognitive performance of elderly individuals with mild cognitive impairment.

Protocol summary

Study aim

A comparative study of the impact of in-person and digital storytelling therapy on the cognitive performance of elderly individuals with mild cognitive impairment.

Design

This is a randomized clinical trial with a parallel design and control group. This randomized study will be conducted on 138 eligible elderly people with mild cognitive impairment. Randomized permutation blocks will be used for randomization and participants will be assigned to three groups (two intervention groups and one control group).

Settings and conduct

This study, which will be conducted at Farabi Hospital in Kermanshah, is not blinded. Registration and assessment of study inclusion criteria will be done by the student. Before the study begins, a questionnaire will be provided to the patients, and demographic information will be recorded in a checklist.

Participants/Inclusion and exclusion criteria

Inclusion criteria: Informed consent; Full consciousness; Age at least 65 years; Mild cognitive impairment according to Peterson criteria; Diagnosis of mild cognitive impairment by a neuropsychiatrist; Minimum literacy. Exclusion criteria: Severe emergency conditions; Hearing and vision limitations; Participation in similar interventions

Intervention groups

In the first intervention group, story therapy sessions based on Milton Erickson's story therapy model will be held for 12 sessions (two one-hour in-person sessions per week). In the second intervention group, story therapy sessions based on Milton Erickson's story therapy model will be held for 12 sessions (two one-hour non-face-to-face sessions per week). For the control group, no intervention will be conducted.

Main outcome variables

Cognitive performance

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20130812014333N269**
Registration date: **2025-12-12, 1404/09/21**
Registration timing: **prospective**

Last update: **2025-12-12, 1404/09/21**
Update count: **0**

Registration date

2025-12-12, 1404/09/21

Registrant information

Name

Feizollah Foroughi

Name of organization / entity

kermanshah University of Medical Sciences

Country

Iran (Islamic Republic of)

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Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2025-12-26, 1404/10/05

Expected recruitment end date

2026-02-09, 1404/11/20

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

A comparative study of the impact of in-person and digital storytelling therapy on the cognitive performance of elderly individuals with mild cognitive impairment.

Public title

Comparing the effects of face-to-face and digital storytelling on cognitive performance in the elderly

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria:

Informed conset Full alertness At least 65 years old Having mild cognitive impairment according to Peterson criteria Diagnosis of mild cognitive impairment by a neuropsychiatrist Having at least basic reading and writing skills

Exclusion criteria:

Having a serious emergency condition Having hearing and vision limitations Participate in similar interventions

Age

From **65 years** old

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **138**

Randomization (investigator's opinion)

Randomized

Randomization description

Randomization will be assigned to three study groups using the random permutation block method (blocks of 6 consisting of the letters A, B, C). Randomization will be done using a random block of 6 that will be created using the website https://www.sealedenvelope.com and the following will be considered. a) A block of 6 will be considered b) A name will be assigned to each of the groups, for example, B and A are the two story therapy intervention groups and C is the control group c) A sequence will be created for a sample size of 132 d) For the allocation concealment process, 11 opaque envelopes and 11 cards will be prepared (separately for men and women), on each envelope the block number and on each card the name of the desired group in sequence will be written. In other words, four cards will be placed inside each envelope in the determined sequence. H) Blocks will be created according to the gender groups of the patients. I) Steps A to H will be performed by the statistical consultant and will be provided to the person who evaluates the patients in terms of entry and exit criteria and assigns them to groups. Registration and assessment of entry criteria for the study will be done by the student. The implementation of the intervention will also be done by the student. The person responsible for implementing the intervention will be in the flow of group codes.

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 Kermanshah University of Medical Sciences

Street address

Vice Chancellor for Research Affairs, Kermanshah University of Medical Sciences, Building No.2, Shahid Beheshti Boulevard

City

Kermanshah

Province

Kermanshah

Postal code

6715847141

Approval date

2025-10-29, 1404/08/07

Ethics committee reference number

IR.KUMS.REC.1404.448

Health conditions studied

1

Description of health condition studied

Mild cognitive impairment

ICD-10 code

F06.7

ICD-10 code description

Mild cognitive disorder

Primary outcomes

1

Description

Cognitive performance

Timepoint

Beginning of the study and end of the study

Method of measurement

Using the auditory-verbal learning test

Secondary outcomes

empty

Intervention groups

1

Description
In the first intervention group, story therapy sessions based on Milton Erickson's story therapy (Taken from the stories of the Masnavi) model will be held for 12 sessions (two one-hour in-person sessions per week). In-person storytelling is an art-based method that focuses attention on key information and emphasizes important concepts by building personal connections through real experiences and by drawing links among related topics.

Category
Treatment - Other

2

Description
In the second intervention group, story therapy sessions based on Milton Erickson's story therapy(Taken from the stories of the Masnavi) model will be held for 12 sessions (two one-hour non-face-to-face sessions per week).Digital storytelling is a narrative method that combines digital images, text, sound, and other interactive elements. It is increasingly used in social work and healthcare interventions to engage clients, illustrate lived experience, and support reflection and therapeutic change.

Category
Treatment - Other

3

Description
For the control group, no intervention will be conducted.

Category
N/A

Recruitment centers

1

Recruitment center

Name of recruitment center
Farabi Hospital

Full name of responsible person
Hanie Shahdoost

Street address
Farabi Hospital, Dolatabad Blvd, Isar Square

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity
Kermanshah University of Medical Sciences

Full name of responsible person
Dr. Zohreh Rahimi

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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
Kermanshah 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
Kermanshah University of Medical Sciences

Full name of responsible person
Hanie Shahdoost

Position
Master's Student in Psychiatric Nursing

Latest degree
Bachelor

Other areas of specialty/work
Nursery

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Person responsible for scientific inquiries

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Person responsible for updating data

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Sharing plan

Deidentified Individual Participant Data Set (IPD)
No - There is not a plan to make this available
Justification/reason for indecision/not sharing IPD
There is no more information available.
Study Protocol
No - There is not a plan to make this available
Statistical Analysis Plan
No - There is not a plan to make this available
Informed Consent Form
No - There is not a plan to make this available
Clinical Study Report
No - There is not a plan to make this available
Analytic Code
No - There is not a plan to make this available
Data Dictionary
No - There is not a plan to make this available