Clinical Trial Protocol
Iranian Registry of Clinical Trials

07 Nov 2026

Investigating the effect of written emotional disclosure on the level of loneliness and death anxiety of elderly

Protocol summary

Study aim

1- Determining the effect of written emotional disclosure on the level of loneliness in the elderly 2- Determining the effect of written emotional disclosure on the level of death anxiety in the elderly

Design

In this study, the permutation block method will be used to generate the sequence of random allocation of individuals to the study groups. The sequence of random allocation of individuals will be performed using Random Allocation Software and a random block size. The permutation block method is one of the random allocation methods in which each block is selected as large as the number of study groups.

Settings and conduct

The present study is designed using a clinical trial method. One of the comprehensive health service centers covered by Mashhad Health Center No. 1 that has a sufficient number of covered elderly people with active health care records will be selected as the sampling environment. .

Participants/Inclusion and exclusion criteria

Age over 65 Not participating in an educational program at the same time Being literate, Not having communication problems such as speech impairment or

Intervention groups

Intervention group:. This group will participate in written emotional disclosure sessions once a week for 4 weeks. The sessions include writing about the elderly person's deepest feelings and negative and positive experiences related to aging and psychological changes during aging. Control group: In the control group, the center's routine activities will be carried out, including educational classes for the elderly held in groups and integrated care for the elderly, which includes examining the general health status of the elderly.

Main outcome variables

Loneliness: To measure loneliness, the Loneliness Questionnaire by Wongpakaran et al. will be used. Death Anxiety: . The Death Anxiety Scale was developed to measure death anxiety.

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20251214068331N1**
Registration date: **2025-12-28, 1404/10/07**
Registration timing: **prospective**

Last update: **2025-12-28, 1404/10/07**
Update count: **0**

Registration date

2025-12-28, 1404/10/07

Registrant information

Name
Mohammad Amidpoor
Name of organization / entity
Country
Iran (Islamic Republic of)
Phone
+98 51 3389 6240
Email address
mohammad.amidpoor@yahoo.com

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2026-01-10, 1404/10/20

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
Investigating the effect of written emotional disclosure on the level of loneliness and death anxiety of elderly

Public title
Investigating the effect of written emotional disclosure on the level of loneliness and death anxiety of elderly

Purpose
Supportive

Inclusion/Exclusion criteria

Inclusion criteria:
Not having any serious physical illnesses Not having a diagnosed mental disorder Being able to read and write,

Exclusion criteria:
Lack of literacy

Age
From **65 years** old

Gender
Both

Phase
N/A

Groups that have been masked
No information

Sample size
Target sample size: **30**

Randomization (investigator's opinion)
Randomized

Randomization description
In this study, the permutation block method will be used to generate the sequence of random allocation of individuals to the study groups. The sequence of random allocation of individuals will be performed using Random Allocation Software and a random block size. The permutation block method is one of the random allocation methods in which each block is selected as large as the number of study groups.

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 Mashhad University of Medical Sciences

Street address
Seydi Street - Sobhan Street - Sobhan 29 - No. 12 - Unit 3

City
mashhad

Province
Razavi Khorasan

Postal code
9163797413

Approval date
2025-12-06, 1404/09/15

Ethics committee reference number
IR.MUMS.REC.1404.288

Health conditions studied

1

Description of health condition studied
loneliness, death anxiety

ICD-10 code

ICD-10 code description

Primary outcomes

1

Description
Loneliness: The loneliness questionnaire by Wongpakaran et al. will be used to measure loneliness. This tool has been validated and approved in Iran. It is expected that the intervention will reduce loneliness in the elderly and the resulting anxiety.

Timepoint
The post-test will be administered by the researcher one week later and one month after the end of the fourth session.

Method of measurement
Loneliness: The loneliness questionnaire by Wongpakaran et al. will be used to measure loneliness. This tool has been validated and approved in Iran. It is expected that the intervention will reduce loneliness in the elderly and the resulting anxiety.

2

Description
.Death anxiety: Death anxiety is often referred to as the fear of dying yourself and others or the anxiety caused by thinking about the dying process or its consequences. To measure death anxiety, the death anxiety scale created by Templer in 1970 will be used, which has been validated and approved in Iran.

Timepoint
The post-test will be administered by the researcher one week later and one month after the end of the fourth session.

Method of measurement
Death anxiety: Death anxiety is often referred to as the fear of dying yourself and others or the anxiety caused by thinking about the dying process or its consequences. To measure death anxiety, the death anxiety scale created by Templer in 1970 will be used, which has been validated and approved in Iran.

Secondary outcomes

empty

Intervention groups

1

Description
Intervention group: Intervention group: Intervention group: This study includes elderly people referring to one of the comprehensive health service centers under the coverage of Health Center No. 1 in Mashhad who will be randomly selected to receive the written emotional disclosure intervention. This group will participate in written emotional disclosure sessions once a week for 4 weeks. The sessions include writing about the elderly person's deepest feelings and negative and positive experiences related to aging and psychological changes during aging.

Category
Other

2

Description
Control group: Control group: In the control group, the center's routine activities will be carried out, including educational classes for the elderly held in groups and integrated care for the elderly, which includes examining the general health status of the elderly.

Category
Other

Recruitment centers

1

Recruitment center

Name of recruitment center
Mashhad University of Medical Sciences

Full name of responsible person
Mohammad Amidpoor

Street address
Health Centers No. 1

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Mashhad

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Razavi Khorasan

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mohammad.amidpoor@yahoo.com

Sponsors / Funding sources

1

Sponsor

Name of organization / entity
Mashhad University of Medical Sciences

Full name of responsible person
Mohsen Tafaghodi

Street address
Razavi Khorasan, Mashhad, Daneshgah Street, next to Hoveyzeh Cinema, University of Medical Sciences, Third Floor, Vice-Chancellor for Research and Technology of the University

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TafaghodiM@mums.ac.ir

Grant name

Grant code / Reference number

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

Title of funding source
Mashhad 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
Mashhad University of Medical Sciences

Full name of responsible person
Mohammad Amidpoor

Position
Nurse

Latest degree
Bachelor

Other areas of specialty/work
Nursery

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Seydi, No. 12, Unit 3, 29, Sobhan Street, Sobhan

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Person responsible for scientific inquiries

Contact

Name of organization / entity
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Full name of responsible person
Mohammad Amidpoor

Position
Nurse

Latest degree
Bachelor

Other areas of specialty/work
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Person responsible for updating data

Contact

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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
No further 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