Clinical Trial Protocol
Iranian Registry of Clinical Trials

09 Nov 2026

Comparison of the effectiveness of meaning therapy based on Rumi's thoughts and stress reduction based on mindfulness on perceived social support in family caregivers of the elderly

Protocol summary

Study aim

Comparison of the effectiveness of meaning therapy based on Rumi's thoughts and stress reduction based on mindfulness on perceived social support in family caregivers of the elderly

Design

The research method will be semi-experimental, with a pre-test-post-test design with a control group and a two-month follow-up. 45 people will be selected from the G*Power program through purposive sampling and will be divided into two experimental groups and a control group (15 people each). The two groups will receive the experiment in 8 sessions, and the control group will not receive any intervention during this period.

Settings and conduct

The statistical population of the study will include all family caregivers of the elderly referring to the Mehr Nursing Home in Sari.

Participants/Inclusion and exclusion criteria

Inclusion criteria for the study included the following Informed consent to participate in the study Minimum diploma education Age range 20-60 years Not using psychiatric medications and psychological treatments during the study based on clinical interviews. Exclusion criteria also included the following Unwillingness to continue cooperating in the study Presence of distorted questionnaires Absence of more than two sessions

Intervention groups

The first experimental group will receive meaning therapy in 8 75-minute sessions, and the second experimental group will receive mindfulness-based stress reduction in 8 60-minute sessions. During this period, the control group will not receive any intervention.

Main outcome variables

Perceived social support score is expected to increase in each treatment.

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20260504069259N3**
Registration date: **2026-07-20, 1405/04/29**
Registration timing: **retrospective**

Last update: **2026-07-20, 1405/04/29**
Update count: **0**

Registration date

2026-07-20, 1405/04/29

Registrant information

Name

Fateme Gholian nozari

Name of organization / entity

Country

Iran (Islamic Republic of)

Phone

+98 11 3454 3597

Email address

fateme.qolian70@gmail.com

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2026-06-22, 1405/04/01

Expected recruitment end date

2026-07-06, 1405/04/15

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title
Comparison of the effectiveness of meaning therapy based on Rumi's thoughts and stress reduction based on mindfulness on perceived social support in family caregivers of the elderly

Public title
Comparison of the effectiveness of meaning therapy based on Rumi's thoughts and stress reduction based on mindfulness on perceived social support in family caregivers of the elderly

Purpose
Education/Guidance

Inclusion/Exclusion criteria

Inclusion criteria:
No use of psychiatric medications No use psychological treatments during the study based on clinical interviewInformed consent to participate in research Minimum education: Diploma People aged 20 to 60 years

Exclusion criteria:
use of psychiatric medications use psychological treatments during the study based on clinical interviewInformed Education less than diploma Age over 60 or under 20 Lack of informed consent to participate in research

Age
From **20 years** old to **60 years** old

Gender
Both

Phase
3

Groups that have been masked
No information

Sample size
Target sample size: **45**

Randomization (investigator's opinion)
Randomized

Randomization description
After selecting 45 eligible individuals based on inclusion and exclusion criteria and obtaining informed consent, participants were randomly assigned to three groups using a 1:1:1 allocation ratio, including a semantic therapy group based on Rumi's thoughts, a mindfulness-based stress reduction group, and a control group (15 people in each group). For this purpose, equal numbers of identically shaped and sized sheets containing the names of the three groups were prepared and placed in an opaque container. Each participant randomly selected a sheet and was assigned to one of the three groups based on the group written on the sheet. This process continued until 15 people were included in each 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
National Committee for Ethics in Biomedical Research,Islamic Azad University, Sari Branch

Street address
Khazar Square, Farahabad Road, Islamic Azad University, Sari Branch

City
Sari

Province
Mazandaran

Postal code
48164-197

Approval date
2025-06-29, 1404/04/08

Ethics committee reference number
IR.IAU.SARI.REC.1404.194

Health conditions studied

1

Description of health condition studied
Perceived social support

ICD-10 code

ICD-10 code description

Primary outcomes

1

Description
Perceived social support in the present study means the score that the participants will get from answering questions 1 to 12 of the Perceived Social Support Questionnaire by Zimmet et al. (1988).

Timepoint
Before the intervention, after the intervention, and two months after the intervention

Method of measurement
Perceived social support in the present study means the score that the participants will get from answering questions 1 to 12 of the Perceived Social Support Questionnaire by Zimmet et al. (1988).

Secondary outcomes

empty

Intervention groups

1

Description

Intervention group:A group of 15 family caregivers of elderly people visiting the Mehr Home in Sari will receive semantic therapy based on Rumi's thoughts in 8 75-minute sessions.

Category

Behavior

2

Description

Intervention group: A group of 15 family caregivers of elderly people visiting the Mehr Nursing Home in Sari who will receive mindfulness-based stress reduction in 8 60-minute sessions.

Category

Behavior

3

Description

Control group: During this period, the control group did not receive any intervention.

Category

Behavior

Recruitment centers

1

Recruitment center

Name of recruitment center

Sarai Mehr Sari

Full name of responsible person

Dr Asghar Norouzi

Street address

Imam Reza Blvd., Imam Reza 6

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Islamic Azad University

Full name of responsible person

Vice President for Research, Islamic Azad University, Sari Branch - Dr. Amanzadeh

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Farahabad Road

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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

Islamic Azad University

Proportion provided by this source

1

Public or private sector

Private

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

Mazandaran University of Medical Sciences

Full name of responsible person

Dr Seyed Hamze Hoseini

Position

Professor, Faculty Psychiatrist

Latest degree

Specialist

Other areas of specialty/work

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Person responsible for scientific inquiries

Contact

Name of organization / entity

Islamic Azad University

Full name of responsible person

Dr Asghar Norouzi

Position

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Latest degree
Ph.D.

Other areas of specialty/work
Psychology

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Person responsible for updating data

Contact

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student

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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
Undecided - It is not yet known if there will be 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
Can be shared with individuals unidentifiable

When the data will become available and for how long
Since the winter of 1405

To whom data/document is available
Researchers and industries

Under which criteria data/document could be used
Can be shared with individuals unidentifiable

From where data/document is obtainable
fateme.qolian70@gmail .com

What processes are involved for a request to access data/document
My email within a week

Comments