Clinical Trial Protocol
Iranian Registry of Clinical Trials

17 Sep 2026

Effect of illumination on salivary melatonin and mental health in elderly people: a before-after clinical trial

Protocol summary

Summary

Objectives: To assess the effect of illumination on salivary melatonin and mental health in elderly people Design: A before-after clinical trial Setting and conduct: The elderly people who live in Yase Sefid and Tolooa nursing homes in Hamadan city. Participants including major eligibility criteria: The nurses with the following criteria will be included in the study: age of 65 or older; not having acute physical or psychological disease; no addiction to cigarette, narcotic or alcohol. Intervention: The participants will be asked to walk or sit under sun light from 6 to 10 am and from 4 to 5 pm for 4 weeks. Main outcome measures: Salivary melatonin and mental health using GHQ, VAS, and KSS questionnaires will be assessed at baseline, two and four weeks later.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT201203299014N10**
Registration date: **2012-07-23, 1391/05/02**
Registration timing: **prospective**

Last update:
Update count: **0**

Registration date

2012-07-23, 1391/05/02

Registrant information

Name

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Name of organization / entity

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Recruitment status

Recruitment complete

Funding source

Vic-chancellor of Research and Technology, Hamadan University of Medical Sciences

Expected recruitment start date

2012-08-22, 1391/06/01

Expected recruitment end date

2012-12-21, 1391/10/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Effect of illumination on salivary melatonin and mental health in elderly people: a before-after clinical trial

Public title

Effect of illumination on salivary melatonin and mental health in elderly people

Purpose

Prevention

Inclusion/Exclusion criteria

The elderly people who live in nursing home with the following criteria will be included in the study: (a) age of 65 or older; (b) not having acute physical or psychological disease; (c) no addiction to cigarette, narcotic or alcohol.

Age

From **65 years** old

Gender

Both

Phase

2

Groups that have been masked

No information

Sample size

Target sample size: **20**

Randomization (investigator's opinion)

N/A

Randomization description

Blinding (investigator's opinion)

Not blinded

Blinding description

Placebo

Not used

Assignment

Single

Other design features

A before-after trial

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Local Human Subject Review board

Street address

Hamadan University of Medical Sciences, Shahid Fahmideh Ave.

City

Hamadan

Postal code

6517838695

Approval date

2012-07-01, 1391/04/11

Ethics committee reference number

D/P/16/35/9/1160

Health conditions studied

1

Description of health condition studied

Mental health

ICD-10 code

Z00

ICD-10 code description

General examination and investigation of persons without complaint and reported diagnosis

Primary outcomes

1

Description

Salivary melatonin

Timepoint

Baseline, two and four weeks later

Method of measurement

Laboratory

Secondary outcomes

1

Description

Mental health

Timepoint

Baseline, two and four weeks later.

Method of measurement

GHQ, VAS, and KSS questionnaires

Intervention groups

1

Description

Intervention group: The participants will walk or sit under sun light from 9 to 10 am and from 4 to 5 pm for 4 weeks.

Category

Other

2

Description

Control group: The same group before intervention.

Category

Other

Recruitment centers

1

Recruitment center

Name of recruitment center

Yase Sefid and Tolooa nursing homes in Hamadan city

Full name of responsible person

Dr Rstam Golmohammadi

Street address

Research Center for Health Sciences, Department of Occupational Health, School of Public Health, Hamadan University of Medical Sciences, Shaheed Fahmideh Ave.

City

Hamadan

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Vic-Chancellor of Research and Technology, Hamadan University of Medical Sciences

Full name of responsible person

Dr Heidar Tavilani

Street address

Hamadan University of Medical Sciences, Shaheed Fahmideh Ave

City
Hamadan
Grant name
Grant code / Reference number
Is the source of funding the same sponsor organization/entity?
Yes
Title of funding source
Vic-Chancellor of Research and Technology, Hamadan 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
Research Center for Health Sciences, Department of Epidemiology & Biostatistics
Full name of responsible person
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Person responsible for updating data

Contact

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