

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

20 Jun 2026

### The effect of cognitive rehabilitation program on improving mood and hope and self-efficacy in retired elderly

#### Protocol summary

##### Study aim

Mental health problems become an important concern around the world with ageing. Considering the tendency of population patterns to old age, Percentage higher of older people, experience retirement. Retirement with quit service and the rise of the age and Looking for cognitive impairment are susceptible to psychological problems, including depression and reduce hope and self-efficacy, which could have a negative impact on their health. Important effects on quality of life, consequences of clinical disease, functional status, use of medical services and their mortality and disability. Therefore, The main goal of this study is to determine the effectiveness of cognitive rehabilitation on improving mood and hope in elderly retired patients with mild cognitive impairment

##### Design

The present study was conducted in the framework of a field trial with a pre-test design and on 70 elderly retired in University of Medical Sciences in Southern Khorasanon from 2/5/95 to 8/12/95 Available sampling method and accidental allocation was entered into two groups: case and control groups

##### Settings and conduct

The Cognitive Rehabilitation program in the elderly was conducted on self-efficacy, hope and depression in Southern Khorasan in 12 sessions.

##### Participants/Inclusion and exclusion criteria

Entry requirements: The desire for informed consent to participate in the study, Ability to speak and communicate, Not having sensory and movement problems, Depression score based on Depression Inventory in the elderly is less than 10 (severe depression or with a history of admission will not be included in the study), People are not known to be psycho-neuro-cognitive. Exclusion criteria included: Unwillingness to continue the intervention, Death or hospitalization due to illness during research, Failure to participate in more than 2 sessions of intervention sessions, The death of close relatives of the patient

##### Intervention groups

The intervention group included 35 retired elderly who received rehabilitation program in 12 sessions and the control group had 35 retired elders who did not receive any interventions

##### Main outcome variables

Depression, Self-efficacy, Hope

#### General information

##### Reason for update

##### Acronym

##### IRCT registration information

IRCT registration number: **IRCT20170824035877N4**

Registration date: **2018-03-14, 1396/12/23**

Registration timing: **retrospective**

Last update: **2018-03-14, 1396/12/23**

Update count: **0**

##### Registration date

2018-03-14, 1396/12/23

##### Registrant information

##### Name

Somaye Namdari

##### Name of organization / entity

School of Nursing and Midwifery

##### Country

Iran (Islamic Republic of)

##### Phone

+98 66 3272 3618

##### Email address

namdar94@bums.ac.ir

##### Recruitment status

**Recruitment complete**

##### Funding source

Deputy of Research of Birjand University of Medical Sciences

**Expected recruitment start date**

2016-11-05, 1395/08/15

**Expected recruitment end date**

2017-01-04, 1395/10/15

**Actual recruitment start date**

empty

**Actual recruitment end date**

empty

**Trial completion date**

empty

**Scientific title**

The effect of cognitive rehabilitation program on improving mood and hope and self-efficacy in retired elderly

**Public title**

The effect of cognitive rehabilitation program on improving mood and hopefulness

**Purpose**

Supportive

**Inclusion/Exclusion criteria****Inclusion criteria:**

Entry requirements: The desire for informed consent to participate in the study, the ability to speak and communicate, lack of sensory and motor skills, depression score according to the depression questionnaire in the elderly less than 10 years old (severe depression or with a history of admission will not be included), known cases Not psychosocial-cognitive illness

**Exclusion criteria:**

Reluctance to continue intervention, death or hospitalization due to illness during research. Failure to participate in more than 2 sessions of intervention was the death of close relatives of the patient

**Age**

No age limit

**Gender**

Both

**Phase**

N/A

**Groups that have been masked**

No information

**Sample size**

Target sample size: 70

**Randomization (investigator's opinion)**

Randomized

**Randomization description**

After receiving a referral from the researcher's research affairs department, referring to the retirement center of the University of Medical Sciences, a list of pensioners' names comes from among the retirees referring to the center who have been admitted to the study after having met with them fully and in full detail. Objectives and methods of studying and obtaining oral satisfaction are entered randomly into two groups of control and control

**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**

School of Nursing and Midwifery

**Street address**

University of Medical Sciences , Ghaffari Ave,Birjand Town

**City**

Birjand

**Province**

South Khorasan

**Postal code**

9717830577

**Approval date**

2016-10-31, 1395/08/10

**Ethics committee reference number**

lr.bums.REC.132

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

Cognitive impairment

**ICD-10 code****ICD-10 code description****Primary outcomes****1****Description**

Depression

**Timepoint**

Before the intervention one month after the intervention

**Method of measurement**

The Geriatric Depression Scale

**Secondary outcomes****1****Description**

Hope

**Timepoint**

Before the intervention one month after the intervention

**Method of measurement**

Snyder hope scale

## Intervention groups

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### Description

The cognitive rehabilitation program consisted of 12 group sessions, each session lasted 60 minutes for the intervention group, which was two sessions a week for 6 weeks. This program strengthened the patient's progress and refference. Attentive Attentio

### Category

Rehabilitation

## Recruitment centers

1

### Recruitment center

#### Name of recruitment center

Birjand University of Medical Sciences retirement center

#### Full name of responsible person

Ahmad Nasiri

#### Street address

Birjand University of Medical Sciences,Ghaffari Avenue

#### City

Birjand

#### Province

South Khorasan

#### Postal code

9717853577

#### Phone

+98 56 3239 5000

#### Fax

+98 56 3243 0076

#### Email

yekta.namdar94@gmail.com

## Sponsors / Funding sources

1

### Sponsor

#### Name of organization / entity

Birjand University of Medical Sciences

#### Full name of responsible person

Somaye Namdari

#### Street address

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#### City

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#### Phone

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#### Fax

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#### Email

yekta.namdar94@bums.ac.ir

### Web page address

<http://www.bums.ac.ir/>

### Grant name

Birjand University of Medical Sciences

### Grant code / Reference number

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

Yes

### Title of funding source

Birjand 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

School of Nursing and Midwifery

#### Full name of responsible person

Somaye Namdari

#### Position

Masters

#### Latest degree

Master

#### Other areas of specialty/work

Nursery

#### Street address

Birjand University of Medical Sciences

#### City

Birjand

#### Province

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#### Postal code

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#### Phone

+98 66 3272 3618

#### Fax

#### Email

Namdar94@bums.ac.ir

#### Web page address

## Person responsible for scientific inquiries

### Contact

#### Name of organization / entity

Birjand University of Medical Sciences

#### Full name of responsible person

Ahmad Nasiri

#### Position

Associate Professor

#### Latest degree

Ph.D.

**Other areas of specialty/work**

Nursery

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**Web page address**

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**Fax****Email**

Namdar94@bums.ac.ir

**Web page address****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**

Original outcome data

**When the data will become available and for how long**

Start the access period from the year1359

**To whom data/document is available**

Only available to scholars working in academia and academia

**Under which criteria data/document could be used**

هیچ تجزیه و تحلیلی مجاز نیست

**From where data/document is obtainable**

Somayeh Namvardi 09106599457 Ahmad Nassiri

09151637519 Somayeh Nameday

yekta.namdar94@gmail.com

**What processes are involved for a request to access data/document**

Request email to responsible author

**Comments****Person responsible for updating data****Contact****Name of organization / entity**

Birjand University of Medical Sciences

**Full name of responsible person**

Somaye Namdari

**Position**

Masters

**Latest degree**

Master

**Other areas of specialty/work**

Nursery

**Street address**

Birjand University of Medical Sciences

**City**

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**Province**

South Khorasan

**Postal code**

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**Phone**