Clinical Trial Protocol
Iranian Registry of Clinical Trials

07 Nov 2026

Evaluation of the effect of sharing experiences in virtual support group on compassion fatigue and resilience of family caregivers of disabled elderly

Protocol summary

Study aim
Determining the effect of sharing experiences in virtual support group on the compassion fatigue and resiliency of family caregivers of disabled elderly

Design
Randomized controlled clinical trial with a parallel group design; with a sample size of 50 disable elderly caregivers

Settings and conduct
In this study, elderly patients referred to the clinic and neurosurgical departments of Ghaem and Imam Reza (AS) hospitals in Mashhad that have informed consent to participate in the study, will be assessed for disabilities. The primary caregiver of the elderly with moderate or severe disability who are met inclusion criteria of the study, include to the study. There will be no blinding in the study.

Participants/Inclusion and exclusion criteria
Inclusion criteria: Have informed consent to participate in the study (elderly and caregiver); Over 60 years old (elderly); Moderate or severe disability according to the WHO-DAS II scale (elderly); Giving care at home (elderly). Non-inclusion criteria: have major physical problems or problems under treatment (caregiver); being a member of other related support groups(caregiver); receiving money for providing care (caregiver)

Intervention groups
Intervention group: In the first session: Introducing the research plan; the second session: finding the most basic problems of these caregivers in caring for the elderly through the brine storming; then adding them to a group on a virtual network and sharing their experiences each week on one of the issues (up to eight weeks) . Control group: Only the introduction of the research plan.

Main outcome variables
Fatigue compassion; Resilience

General information

Reason for update

Acronym

IRCT registration information
IRCT registration number: **IRCT20200118046173N1**
Registration date: **2020-06-22, 1399/04/02**
Registration timing: **retrospective**

Last update: **2020-06-22, 1399/04/02**
Update count: **0**

Registration date
2020-06-22, 1399/04/02

Registrant information

Name
Fatemeh Esmaelzadeh

Name of organization / entity

Country
Iran (Islamic Republic of)

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+98 51 3859 1511

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esmaeilzadehf@mums.ac.ir

Recruitment status
Recruitment complete

Funding source

Expected recruitment start date
2020-04-03, 1399/01/15

Expected recruitment end date
2020-05-04, 1399/02/15

Actual recruitment start date
empty

Actual recruitment end date
empty

Trial completion date
empty

Scientific title
Evaluation of the effect of sharing experiences in virtual support group on compassion fatigue and resilience of family caregivers of disabled elderly

Public title
The effect of sharing experiences on compassion fatigue and resilience of family caregivers of disabled elderly

Purpose
Supportive

Inclusion/Exclusion criteria

Inclusion criteria:
Have informed consent to participate in the study (elderly and caregiver) Over 60 years old (elderly) Moderate or severe disability according to the WHO-DAS II scale(elderly) Giving care at home (elderly) Giving care from family members (elderly) Being a member of the family of an elderly person (caregiver) Being the primary caregiver means spending the most time with the elderly among the other caregivers (caregiver) Take care of the elderly for at least three months (caregiver) Being literate (caregiver) Being able to participate in virtual social groups or use the Internet (caregiver)

Exclusion criteria:
have major physical problems or problems under treatment (caregiver) being a member of other related support groups (caregiver) receiving money for providing care (caregiver)

Age
From **60 years** old

Gender
Both

Phase
N/A

Groups that have been masked
No information

Sample size
Target sample size: **50**

Randomization (investigator's opinion)
Randomized

Randomization description
Subjects will be divided into control and intervention groups using permuted block method. The permuted block method is one of the random allocation methods in which each block is selected as the number of groups studied. There are two blocks AB and BA in this study. Randomly one of the blocks will be selected. If the first block selected is AB, the first is assigned to group A and the second to group B. And this process continues until all the samples are allocated. The value of this method is that the two study groups will have equal numbers. All steps are performed using Random Allocation software.

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
Nursing and midwifery school; Ebne Sina street; Doctora intersection

City
Mashhad

Province
Razavi Khorasan

Postal code
9175776965

Approval date
2019-12-31, 1398/10/10

Ethics committee reference number
IR.MUMS.NURSE.REC.1398.088

Health conditions studied

1

Description of health condition studied
Fatigue compassion

ICD-10 code

ICD-10 code description

2

Description of health condition studied
resilience

ICD-10 code

ICD-10 code description

Primary outcomes

1

Description
Fatigue compassion

Timepoint
At the beginning of study and after the intervention

Method of measurement
by using of fatigue compassion questionnaire

2

Description
Resilience

Timepoint
At the beginning of the study and after intervention

Method of measurement
by using the resilience questionnaire

Secondary outcomes

empty

Intervention groups

1

Description
Intervention group: In the first session, the researcher will introduce the research for both intervention and control groups and inform them about the general principles of care for the disabled elderly as well as discuss home care problems. The second session, which is dedicated to the intervention group, will focus on finding the most basic problems for these caregivers in the care of the elderly through the brain storming. The intervention group will then join a virtual group in one of the virtual networks, sharing their experiences each week on one of the problems posed. And this process will be continued for up to eight weeks, depending on the number of problems encountered during the thought session.

Category
Lifestyle

2

Description
Control group: The control group will attend the first session at the beginning of study . If intervention will be effective, they will also be added to the virtual support group after ending the intervention and will be shared the results and summary of study discussions.

Category
Lifestyle

Recruitment centers

1

Recruitment center

Name of recruitment center
Ghaem hospital

Full name of responsible person
Dr Fatemeh Tara

Street address
Ahmadabad street

City
Mashhad

Province
Razavi Khorasan

Postal code
91766-99199

Phone
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Email
b.ghaem@mums.ac.ir

Web page address
https://quaem.mums.ac.ir/chairman-and-managing-domains/about-the-head

2

Recruitment center

Name of recruitment center
Imam Reza Hospital

Full name of responsible person
Dr Ali Khorsand Vakilzadeh

Street address
Imam Reza hospital, Imam Reza square

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b.Imamreza@mums.ac.ir

Web page address
https://emamreza.mums.ac.ir/index.php/hoze-riasat/2014-07-06-04-24-47

Sponsors / Funding sources

1

Sponsor

Name of organization / entity
Mashhad University of Medical Sciences

Full name of responsible person
Dr Seyed Mohammad Hosein Bahreini Toosi

Street address
In front of Daneshgah NO.18, Daneshgah street

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Phone
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presidentoffice@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
Dr Fatemeh Esmaelzadeh

Position
Assistant professor

Latest degree
Ph.D.

Other areas of specialty/work
Nursery

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Person responsible for scientific inquiries

Contact

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Position
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Latest degree
Ph.D.

Other areas of specialty/work
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Person responsible for updating data

Contact

Name of organization / entity
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Full name of responsible person
Dr Fatemeh Esmaelzadeh

Position
Assistant professor

Latest degree
Ph.D.

Other areas of specialty/work
Nursery

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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
Not applicable

Informed Consent Form
No - There is not a plan to make this available

Clinical Study Report
Yes - There is a plan to make this available

Analytic Code
Not applicable

Data Dictionary
Not applicable

Title and more details about the data/document
All data is potentially shareable after making people unidentifiable

When the data will become available and for how long
after publishing of finding

To whom data/document is available
other researcher

Under which criteria data/document could be used
nothing

From where data/document is obtainable
responsible researcher

What processes are involved for a request to access data/document
Email to responsible researcher

Comments