Clinical Trial Protocol
Iranian Registry of Clinical Trials

08 Nov 2026

Effect of laughter therapy on quality of life and depression on patients undergoing hemodialysis in dialysis ward Kerman University of Medical Sciences 2015

Protocol summary

Summary

The aim of study was to determine the effects of laughter therapy on quality of life and depression in patients unedrgoing hemodialysis in dialysis wards in 94 hospitals in Kerman.This study is experimental and control groups for intervention.The study population consisted of dialysis hemodialysis patients referred to Kerman teaching hospitals are.To achieve this goal, 80 hemodialysis patients referred to the teaching hospital of Kerman, we randomly selected And put them into two groups of 40 people (control) groups in our.The data from the Beck Depression Inventory and the quality of life in hemodialysis patients used.For 8 weeks, 3 sessions per week for 45 minutes under official trainer of Laughter Yoga Laughter Yoga enforcement activity of the diseaseAnd, ultimately, quality of life and depression in the intervention group and the control group compared with the pre-program Inclusion criteria: need to undergo dialysis three times a week Exclusion criteria: death or kidney transplant

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT201510077844N9**
Registration date: **2016-07-13, 1395/04/23**
Registration timing: **retrospective**

Last update:
Update count: **0**

Registration date

2016-07-13, 1395/04/23

Registrant information

Name

Mansour Arab

Name of organization / entity

Kerman University of Medical Sciences

Country

Iran (Islamic Republic of)

Phone

+98 34 1320 5179

Email address

marab@kmu.ac.ir

Recruitment status

Recruitment complete

Funding source

Kerman University of Medical Sciences

Expected recruitment start date

2016-01-30, 1394/11/10

Expected recruitment end date

2016-07-06, 1395/04/16

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Effect of laughter therapy on quality of life and depression on patients undergoing hemodialysis in dialysis ward Kerman University of Medical Sciences 2015

Public title

Effect of laughter therapy on quality of life and depression on patients undergoing hemodialysis in dialysis ward Kerman University of Medical Sciences 2015

Purpose

Prevention

Inclusion/Exclusion criteria

Inclusion criteria: the risk of end-stage renal disease;

three dialysis sessions per week; would like to participate
Exclusion criteria: death; kidney transplantation; unwillingness to continue cooperation

Age
No age limit

Gender
Both

Phase
N/A

Groups that have been masked
No information

Sample size
Target sample size: **80**

Randomization (investigator's opinion)
Randomized

Randomization description

Blinding (investigator's opinion)
Single blinded

Blinding description

Placebo
Not used

Assignment
Parallel

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee
Razi Nursing and Midwifery School, Kerman Sciences University of Medical

Street address
Razi Nursing and Midwifery School, Haft Bagh Alavi Highway, Kerman

City
Kerman

Postal code
7754312345

Approval date
2016-03-14, 1394/12/24

Ethics committee reference number
IR.KMU.REC.1394.649

2

Ethics committee

Name of ethics committee
Kerman University of Medical Sciences, School of Nursing and Midwifery

Street address
Kerman University of Medical Sciences, School of Nursing and Midwifery

City
kerman

Postal code
7756341234

Approval date
2010-09-23, 1389/07/01

Ethics committee reference number
649

Health conditions studied

1

Description of health condition studied
Dependence on renal dialysis

ICD-10 code
z99.2

ICD-10 code description
Z99.2 Dependence on renal dialysis

Primary outcomes

1

Description
Depression

Timepoint
4Week

Method of measurement
Beck Depression Inventory

2

Description
quality of life

Timepoint
4week

Method of measurement
Renal Disease Quality of Life Questionnaire

Secondary outcomes

empty

Intervention groups

1

Description
Sampling is as follows After obtaining an informed consent in writing to participate in the study, patient selection, each patient is given a code Throw the dice with even-numbered first patient in the intervention group and the first patient in the control group were number one. Group Intervention: The intervention group patients for 8 weeks, 3 sessions per week, 45 minutes per session on an official coach Laughter Yoga Laughter Yoga is done for these patients And, ultimately, quality of life and depression in the intervention group compared with before the program together.

Category
Behavior

2

Description

Control group: patients without action once in the first 4 weeks are evaluated once.

Category
Behavior

Recruitment centers

1

Recruitment center

Name of recruitment center
Shifa Hospital

Full name of responsible person
Zainab Fonooni

Street address
Healing intersection,Shifa hospital, Dialysis unit

City
Kerman

Sponsors / Funding sources

1

Sponsor

Name of organization / entity
Vice Chancellor for Research and Kerman University of Medical Sciences

Full name of responsible person
ABBAS PARDAKHTI

Street address
Razi Nursing and Midwifery School, Haft Bagh Alavi Highway, Kerman

City
Kerman

Grant name

Grant code / Reference number

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

Title of funding source
Vice Chancellor for Research and Kerman 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
Razi Nursing and Midwifery School, Kerman University of Medical Sciences

Full name of responsible person
Mansour Arab

Position
MSN/ Lecturer of Nursing

Other areas of specialty/work

Street address
Razi Nursing and Midwifery School, Haft Bagh Alavi Highway, Kerman

City
Kerman

Postal code
7756341234

Phone
+98 343205179

Fax

Email
marab@kmu.ac.ir

Web page address

Person responsible for scientific inquiries

Contact

Name of organization / entity
Razi Nursing and Midwifery School, Kerman University of Medical Sciences

Full name of responsible person
Mansour Arab

Position
MSN/ Lecturer of Nursing

Other areas of specialty/work

Street address
Razi Nursing and Midwifery School, Haft Bagh Alavi Highway, Kerman

City
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Postal code
7754312345

Phone
+98 34205179

Fax

Email
marab@kmu.ac.ir

Web page address

Person responsible for updating data

Contact

Name of organization / entity
Razi Nursing and Midwifery School, Kerman University of Medical

Full name of responsible person
Mansour Arab

Position
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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