Clinical Trial Protocol
Iranian Registry of Clinical Trials

18 Nov 2026

the effect of laughter by Katarya method on depression of elderly residing at nursing homes for the elderly and disabled in Rasht city

Protocol summary

Summary

This study is a clinical trial aimed to determine the effect of laughter by Katarya method on depression of elderly residing at nursing homes for the elderly and disabled in Rasht city. Sample consisted of 94 elderly patients with mild and moderate depression selected by random sampling method from elderly residing at nursing home. The samples were divided into two groups of experiment (47 patients undergoing laughter therapy program) and control (47 patients with routine care). Inclusion criteria: age 60 years and older, living full-time at nursing home, no history of admittance to psychiatric wards, lack of grief experience during the past six months, residing at nursing home for at least six months, no serious health condition, no surgery in past three month, no history of heart disease, chest pain or open heart surgery, no simultaneous participation in clinical trial, earning depression scale score between 5 and 11, physical ability to participate in the study, interested in participating in the study and signing a consent form. Exclusion criteria: lack of personal interest to participate in any stage of study. Data will be gathered using a 2-part tool consisting of demographic information and geriatric depression questionnaire by interview method. Data will be gathered in two stages of pre intervention and one month after the laughter therapy program. Laughter therapy program by Katarya method will be conducted for 30 minutes twice a week for 5 weeks.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2015091424003N2**
Registration date: **2015-10-30, 1394/08/08**
Registration timing: **registered_while_recruiting**

Last update:
Update count: **0**

Registration date

2015-10-30, 1394/08/08

Registrant information

Name
Shahla Asiri
Name of organization / entity
Gilan University of Medical Sciences
Country
Iran (Islamic Republic of)
Phone
+98 133555056
Email address
shahlaasiri@gums.ac.ir

Recruitment status

Recruitment complete

Funding source

Gilan University of Medical Sciences

Expected recruitment start date

2015-10-23, 1394/08/01

Expected recruitment end date

2016-01-05, 1394/10/15

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

the effect of laughter by Katarya method on depression of elderly residing at nursing homes for the elderly and disabled in Rasht city

Public title

The effect of laughter on the depressed elderly

Purpose

Health service research

Inclusion/Exclusion criteria

Inclusion criteria: age 60 years and older, living full-time at nursing home, no history of admittance to psychiatric wards, lack of grief experience during the past six months, residing at nursing home for at least six months, no serious health condition, no surgery in past three month, no history of heart disease, chest pain or open heart surgery, no simultaneous participation in clinical trial, earning depression scale score between 5 and 11, physical ability to participate in the study, interested in participating in the study and signing a consent form. Exclusion criteria: lack of personal interest to participate in any stage of study.

Age
From **60 years** old to **139 years** old

Gender
Both

Phase
N/A

Groups that have been masked
No information

Sample size
Target sample size: **94**

Randomization (investigator's opinion)
Randomized

Randomization description

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
Gilan University of Medical Sciences

Street address
Daneshjoo st., Shahid Beheshti ring way, Rasht

City
Rasht

Postal code
4146939814

Approval date
2015-08-24, 1394/06/02

Ethics committee reference number
IR.GUMS.REC.1394.206

Health conditions studied

1

Description of health condition studied
DEPRESSION

ICD-10 code
F32.0

ICD-10 code description
Mild depressive episode

Primary outcomes

1

Description
DEPRESSION

Timepoint
Before the intervention and one month after the end of intervention

Method of measurement
Questionnaire Geriatric Depression Scale

Secondary outcomes

empty

Intervention groups

1

Description
without any intervention on the control group

Category
Other

2

Description
Laughter therapy program by Katarya method will be conducted for 30 minutes twice a week for 5 weeks. Training program includes performing breathing and physical exercises as well as laughter techniques.

Category
Behavior

Recruitment centers

1

Recruitment center

Name of recruitment center
Homes for the Elderly and Disabled in Rasht

Full name of responsible person
Shahla Asiri

Street address
Esteghamat 2 St., Malolin St., Shivan Fomani Blvd

City
Rasht

Sponsors / Funding sources

1

Sponsor

Name of organization / entity
Social Determinants Of Health Research Center,

Guilan University Of Medical Science,Rasht,Iran.

Full name of responsible person
Abtin Heidar zadeh

Street address
Social Determinants Of Health Research Center, Shahid Beheshti Nursing & Midwifery College, Daneshjoo Street, Shahid Beheshti Bolv.

City
Rasht

Grant name

Grant code / Reference number

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

Title of funding source
Social Determinants Of Health Research Center, Guilan University Of Medical Science,Rasht,Iran.

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
Social Determinants Of Health Research Center, Gilan University Of Medical Science, Rasht, Iran.

Full name of responsible person
Shahla Asiri

Position
Faculty member

Other areas of specialty/work

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Social Determinants of Health Research Center, Shahid Beheshti Nursing & Midwifery College, Daneshjoo Street, Shahid Beheshti Blvd.

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Person responsible for scientific inquiries

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Person responsible for updating data

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Rasht

Postal code

Phone
00

Fax

Email

Web page address

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