

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

13 Jun 2026

### The effect of Animal Assisted Therapy (AAT) on quality of life of chronic psychiatric patients in nursing homes

#### Protocol summary

##### Study aim

This study was aimed to investigate the effect of animal-assisted therapy on the quality of life of chronic psychiatric patients in nursing care centers of Shahriar.

##### Design

Randomized clinical trials with the control group, computer-aided randomization, pragmatic in the nursing care centers setting.

##### Settings and conduct

Samples were selected from residents of two nursing care centers located in Shahriar. During the study period, a cage containing two lovebirds was provided to each person in the intervention group, and they were asked to carry out the affairs of the lovebirds. The control group received routine care only

##### Participants/Inclusion and exclusion criteria

A diagnosis of chronic psychiatric illness, residence for at least 6 months, willingness to participate in the study, not having developmental intelligence disorders, the ability to read and write in Persian, ability to perform the necessary actions during the intervention, and lack of simultaneous participation in similar interventions were inclusion criteria. Unwillingness to continue to participate in the study after its onset, exposure to severe physical and mental conditions as well as leaving or transferring from a nursing care center, were considered as exclusion criteria.

##### Intervention groups

The intervention group consists of 35 eligible people, which the researcher provided explanations for their familiarity with the nature and purpose of the study during the introduction meeting. Then a cage containing a pair of lovebird was given to them and they were asked to do their meals and clean their cages. These cages were provided to the intervention group every day for 6 weeks from 7 am to 1 pm. The control group also consisted of 35 people who received nursing care services only in a usual manner.

##### Main outcome variables

Quality of life

#### General information

##### Reason for update

##### Acronym

##### IRCT registration information

IRCT registration number: **IRCT20101013004922N4**

Registration date: **2018-08-19, 1397/05/28**

Registration timing: **retrospective**

Last update: **2018-08-19, 1397/05/28**

Update count: **0**

##### Registration date

2018-08-19, 1397/05/28

##### Registrant information

##### Name

Mohammad Sahebzamani

##### Name of organization / entity

##### Country

Iran (Islamic Republic of)

##### Phone

+98 21 2281 1045

##### Email address

m\_szamani@iautmu.ac.ir

##### Recruitment status

**Recruitment complete**

##### Funding source

##### Expected recruitment start date

2016-04-03, 1395/01/15

##### Expected recruitment end date

2016-06-04, 1395/03/15

##### Actual recruitment start date

2016-04-03, 1395/01/15

##### Actual recruitment end date

2016-06-14, 1395/03/25

##### Trial completion date

empty

### Scientific title

The effect of Animal Assisted Therapy (AAT) on quality of life of chronic psychiatric patients in nursing homes

### Public title

Animal Assisted Therapy (AAT) among chronic psychiatric patients

### Purpose

Supportive

### Inclusion/Exclusion criteria

#### Inclusion criteria:

A definitive diagnosis of chronic psychiatric illness  
Residence for at least 6 months in a nursing care center  
Not having developmental intelligence disorders  
The ability to read and write in Persian  
Willingness to participate in the study  
Ability to perform the necessary actions during the intervention (including feeding to birds and cleaning their cages)  
Lack of allergies or phobia of birds  
Lack of simultaneous participation in similar interventions

#### Exclusion criteria:

Unwillingness to continue to participate in the study after its onset  
Exposure to severe physical and mental conditions that could discourage the person from continuing to participate  
Leaving or transferring from a nursing care center

### Age

From **18 years** old to **60 years** old

### Gender

Male

### Phase

N/A

### Groups that have been masked

*No information*

### Sample size

Target sample size: **70**

Actual sample size reached: **70**

### Randomization (investigator's opinion)

Randomized

### Randomization description

In this study, all participants with the criteria for entering the study were 70. To allocate individuals to intervention and control groups, a random number was assigned to each of the 70 selected individuals using a random number table. Assigning numbers was carried out on a random basis using a computer. Then each of the numbers is written on a sheet and folded up (the number is not visible) inside a container. After this stage, the researcher, without looking at the numbers written on the sheets, randomly extracted them and divided equally into two groups (35 in group 1 and 35 in group 2). The selection of each of groups 1 and 2 as intervention and control was done on a chance and by lottery.

### 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 Azad Islamic University, Tehran  
Medical Sciences Branch

##### Street address

Tehran province, Tehran, Danesh Rd.

##### City

Tehran

##### Province

Tehran

##### Postal code

1477893855

#### Approval date

2016-01-08, 1394/10/18

#### Ethics committee reference number

IR.IAU.REC.1394.401

### Health conditions studied

#### 1

#### Description of health condition studied

Chronic psychiatric illness

#### ICD-10 code

F99

#### ICD-10 code description

Mental disorder, not otherwise specified

### Primary outcomes

#### 1

#### Description

Quality of life

#### Timepoint

After introducing meeting and two day after intervention.

#### Method of measurement

Wisconsin Quality of Life Client Questionnaire (WQOLCQ)

### Secondary outcomes

empty

### Intervention groups

#### 1

#### Description

From April 20, 2016, to June 1, 2016 (for 6 weeks and 3 days a week), the intervention was carried out by the researcher. During this period, a cage containing 2 lovebirds was provided to each person in the

intervention group, and they were asked to carry out the affairs of the lovebirds, including feeding and cleaning the cages. Cages were available daily from 7 am to 1 pm.

**Category**

Treatment - Other

**2****Description**

Control group: The control group members received routine care and services of nursing care centers.

**Category**

Treatment - Other

**Recruitment centers****1****Recruitment center****Name of recruitment center**

Behnood nursing care center

**Full name of responsible person**

Dr Hossein Etesami

**Street address**

No. 84, Khademabad, Shahriar

**City**

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behnood21@yahoo.com

**2****Recruitment center****Name of recruitment center**

Saman nursing center

**Full name of responsible person**

Dr Hedayati

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No. 34, Andisheh 1, Shahriar

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saman\_nurs@yahoo.com

**Sponsors / Funding sources****1****Sponsor****Name of organization / entity**

Islamic Azad University

**Full name of responsible person**

Farshad Hashemian

**Street address**

Islamic Azad University- Tehran Medical Branch- Khaghani st- Shariati Ave- Tehran- Iran.

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193951495

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hashemian.f@iaups.ac.ir

**Grant name****Grant code / Reference number****Is the source of funding the same sponsor organization/entity?**

Yes

**Title of funding source**

Islamic Azad University

**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**

Islamic Azad University

**Full name of responsible person**

Mohammad Sahebalzamani

**Position**

Associate professor

**Latest degree**

Ph.D.

**Other areas of specialty/work**

Health Promotion

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6th Floor, IAU Central Organization, Shohadaye Hesarak Blvd, Daneshgah Square, Sattari Expy, Tehran, I.R.Iran

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## Person responsible for scientific inquiries

### Contact

**Name of organization / entity**

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**Full name of responsible person**

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**Position**

Associate professor

**Latest degree**

Ph.D.

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## Person responsible for updating data

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## Sharing plan

**Deidentified Individual Participant Data Set (IPD)**

Undecided - It is not yet known if there will be a plan to  
make this available

**Study Protocol**

No - There is not a plan to make this available

**Statistical Analysis Plan**

No - There is not a plan to make this available

**Informed Consent Form**

No - There is not a plan to make this available

**Clinical Study Report**

Not applicable

**Analytic Code**

Undecided - It is not yet known if there will be a plan to  
make this available

**Data Dictionary**

Undecided - It is not yet known if there will be a plan to  
make this available