

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

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3351954712

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

Saman nursing center

Full name of responsible person

Dr Hedayati

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3168845172

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

Islamic Azad University

Full name of responsible person

Farshad Hashemian

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

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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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Person responsible for scientific inquiries

Contact

Name of organization / entity

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Full name of responsible person

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Person responsible for updating data

Contact

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Full name of responsible person

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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