

Clinical Trial Protocol

Iranian Registry of Clinical Trials

10 Jun 2026

Effectiveness of Cognitive Rehabilitation and Life Style Modification on Executive Function of Patients with Non Amnestic Mild Cognitive Impairment

Protocol summary

Summary

Today elderly population is growing. Cognitive disorders are the major health issues associated with this age group. These cognitive problems impose large economical and social costs on the society due to their impact on individual functioning. Mild Cognitive Impairment (MCI) is considered as a transient phase between normal aging and dementia. Nowadays, there is no effective treatment for MCI, so alternative therapies are under investigation. One of these methods is cognitive interventions. In this study we are going to assess the effect of cognitive rehabilitation on executive functioning in patients older than 60 years old with non-amnestic MCI, without any diagnostic criteria of dementia or any other major psychiatric problems. Patients were randomly divided into three groups of fifteen. The first group was assigned to life style interventions treatment, the second group was assigned to executive function rehabilitation, and finally the control group received educational pamphlets of other groups after six months of interventions. For all the patients we will assess neuropsychological tests before, just after and six months after interventions, and analyze the test scores differences. Note that double-blinding has been conducted throughout this experiment.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT201203029188N1**
Registration date: **2016-01-15, 1394/10/25**
Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2016-01-15, 1394/10/25

Registrant information

Name

Majid Barekatin

Name of organization / entity

Isfahan university of Medical Sciences

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Recruitment status

Recruitment complete

Funding source

Isfahan University of Medical Science

Expected recruitment start date

2014-09-20, 1393/06/29

Expected recruitment end date

2015-10-23, 1394/08/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Effectiveness of Cognitive Rehabilitation and Life Style Modification on Executive Function of Patients with Non Amnestic Mild Cognitive Impairment

Public title

effect of cognitive rehabilitation and life style modification on patients with mild cognitive intervention

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria :Age above 60 years; minimum 9 years of school education;NeuroCognitive Unite assesment (noucog) test score 75to 85 with executive function subscale score under 12 and memory subscale score above 15; /general Health Questioner(GHQ)test score under 22 ; physical ability to participate in training classes . Exclusion criteria : complaint of disability in daily activities, ; major psychiatric or neurological diagnosis ; diagnosis of dementia; substance abuse with effect on cognitive abilities ; use of psychotropic drug with effect on cognitive abilities

Age

From **60 years** old

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **45**

Randomization (investigator's opinion)

Randomized

Randomization description

Blinding (investigator's opinion)

Double 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 Isfahanl University of Medical Siences

Street address

Ethics Committee, Isfahan University of Medical Scienses, Hezarjerib Street, Isfahan, Iran

City

Isfahan

Postal code

Approval date

2014-08-27, 1393/06/05

Ethics committee reference number

393560

Health conditions studied

1

Description of health condition studied

mild cognitive impairment

ICD-10 code

786.5

ICD-10 code description

Personal history of other mental and behavioural disorders

Primary outcomes

1

Description

changes of cognitive test's scores

Timepoint

Befor interventin-immediately after interventions-6months after intervention

Method of measurement

Go no go test

2

Description

changes of cognitive test's scores

Timepoint

Before intervention-immediately after intervention-6months after intervention

Method of measurement

Design fluency test

3

Description

changes of cognitive test's scores

Timepoint

Before intervention-immediately after intervention-6 months after intervention

Method of measurement

Five points test

4

Description

changes of cognitive test's scores

Timepoint

Before intervention-immediately after intervention-6 months after intervention

Method of measurement

Category fluency test

5

Description

changes of cognitive test's scores

Timepoint

Before intervention-immediately after intervention-6 months after intervention

Method of measurement

Tower of london test

6

Description

changes of cognitive test's scores

Timepoint

Before intervention-immediately after intervention-6 months after intervention

Method of measurement

BRIEF-A

7

Description

changes of cognitive test's scores

Timepoint

Before intervention-immediately after intervention-6 months after intervention

Method of measurement

Color trail making test

Secondary outcomes

1

Description

changes in scores of qialoty of life test

Timepoint

Before intervention-immediately after intervention-6months after intervention

Method of measurement

health promoting lifestyle test

Intervention groups

1

Description

"Intervention group:" nine sessions of executive functions rehabilitation

Category

Rehabilitation

2

Description

" Control group" will receive educational pamphlet of the other groups(after 6months)at the end of the assessments.

Category

Other

3

Description

" Intervention group": Nine sessions of life style educations in the same time with the other intervention group

Category

Lifestyle

Recruitment centers

1

Recruitment center

Name of recruitment center

Isfahan Retired Educators Associaciation

Full name of responsible person

Street address

City

Isfahan

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Vice chancellor for research, Isfahan University of Medical Sciences

Full name of responsible person

Mehdi Nematbakhssh

Street address

Vice chancellor for research, Isfahan University of Medical Sciences,Hezarjerib street,Isfahan,Iran

City

Isfahan

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, Isfahan 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

Isfahan University of Medical Sciences

Full name of responsible person

Maryam Alavirad

Position

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Other areas of specialty/work

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Web page address

Person responsible for updating data

Contact

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