

Clinical Trial Protocol

Iranian Registry of Clinical Trials

21 Jun 2026

The effect of Pilates training on psychological and social factors related to falling in elderly women.

Protocol summary

Summary

The purpose of the current study was to examine the effect of Pilates training on psychological and social factors related to falls in female elderly. This is a quasi-experimental study. Subjects were invited to participate in the study from a comprehensive rehabilitation center (Shahrekord) in 2011. A Sample of 30 people were selected and randomly assigned to experimental (n=15) and control groups (n=15). Participants mean age was 70.23 ± 5.9 . Inclusion criteria were acquiring a score of at least 18 on the Brief Psychiatric Examination and not having significant orthopedic disabilities or chronic illness. Those who were using vitamins and dietary supplements were excluded from the study. Geriatric Depression Scale and World Health organization's quality of life questionnaires were used to evaluate the psychological and social factors, respectively. The experimental group received Pilates exercises sessions for 12 weeks (3 sessions per week), each lasting for an hour.

General information

Acronym

Not have

IRCT registration information

IRCT registration number: **IRCT2012112810493N2**

Registration date: **2013-01-23, 1391/11/04**

Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2013-01-23, 1391/11/04

Registrant information

Name

Mohammad Ebrahim Bahram

Name of organization / entity

Isfahan University

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Iran (Islamic Republic of)

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Recruitment status

Recruitment complete

Funding source

Vice-Chancellor For Research -Isfahan University.

Expected recruitment start date

2011-11-01, 1390/08/10

Expected recruitment end date

2012-01-30, 1390/11/10

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effect of Pilates training on psychological and social factors related to falling in elderly women.

Public title

Pilates exercise and its effect on falls in elderly women.

Purpose

Supportive

Inclusion/Exclusion criteria

Inclusion criteria: Healthy women aged over 60 year, Mini Mental Examination score of 18, Having acute pulmonary heart disease, brain injury, Parkinson's disease, Lack of significant orthopedic disabilities or acute illness. Exclusion criteria: The use of doping substances such as vitamins, Dietary supplements, Herbs or Medications that effect Balance, Participate in heavy exercise, Exposure to adverse environmental

conditions, Temperature, Disease and Viral infection during the plan period.

Age

From **62 years** old to **80 years** old

Gender

Female

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **30**

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

Ethics Committee of Isfahan University, Department of Physical Education

Street address

Department of Physical Education of Isfahan

City

Isfahan

Postal code

8174673441

Approval date

2011-09-03, 1390/06/12

Ethics committee reference number

112

Health conditions studied

1

Description of health condition studied

Fall

ICD-10 code

W19

ICD-10 code description

Unspecified fall

Primary outcomes

1

Description

Quality of Life

Timepoint

Before and after 12 weeks Pilates Exercise.

Method of measurement

World Health Organization Quality of Life Questionnaire

Secondary outcomes

1

Description

Depression

Timepoint

Before and after 12 weeks Pilates Exercise

Method of measurement

Geriatric Depression Scale

Intervention groups

1

Description

Control group: Did not receive any training.

Category

Other

2

Description

Experimental group: Pilates exercises for 30 to 45 minutes in 12 weeks, 3 sessions a week. Each session lasting one hour.

Category

Other

Recruitment centers

1

Recruitment center

Name of recruitment center

Isfahan University

Full name of responsible person

Mohammad Ebrahim Bahram

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Department of Physical Education of Isfahan University, Isfahan.

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Vice-Chancellor For Research-Isfahan University

Full name of responsible person

Mohammad Ebrahim Bahram

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Department of Physical Education of Isfahan University, Isfahan.

City

Isfahan

Grant name

ندارد

Grant code / Reference number

ندارد

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

Yes

Title of funding source

Vice-Chancellor For Research-Isfahan University

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

Full name of responsible person

Mohammad Ebrahim Bahram

Position

Msc

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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