

Clinical Trial Protocol

Iranian Registry of Clinical Trials

05 Aug 2026

Study of the Effect of Group Exercise Program on Quality of Life in War Veterans with Post Traumatic Stress Disorder

Protocol summary

Summary

randomized study, single blinded, control group receive no intervention, no control with placebo, sample: war veterans with post traumatic stress disorder, inclusion criteria: outpatient war veterans with post traumatic stress disorder; patients who do not have psychotic symptoms, mood disorders, addiction,...; exclusion criteria: inpatient war veterans with post traumatic stress disorder; war veterans who do exercises regularly; patients who diagnosed as mood disorder, personality disorder, psychotic disorder and addiction,... in addition to post traumatic stress disorder; inability in answering the checklist; sample size: 26, intervention: group aerobic exercise, duration of intervention: 12 2-session weeks, and each session, each session about 1 hour

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2012122911922N1**

Registration date: **2013-03-16, 1391/12/26**

Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2013-03-16, 1391/12/26

Registrant information

Name

Batool Mandani

Name of organization / entity

Ahvaz Jundishapur University of Medical Sciences

Country

Iran (Islamic Republic of)

Phone

+98 61 1374 3101

Email address

mandani-b@ajums.ac.ir

Recruitment status

Recruitment complete

Funding source

musculoskeletal rehabilitation research center, Ahvaz
jundishapur university of medical science, Ahvaz, Iran

Expected recruitment start date

2012-12-21, 1391/10/01

Expected recruitment end date

2013-01-19, 1391/10/30

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Study of the Effect of Group Exercise Program on Quality of Life in War Veterans with Post Traumatic Stress Disorder

Public title

effect of exercise on quality of life in war veterans with PTSD

Purpose

Health service research

Inclusion/Exclusion criteria

inclusion criteria: outpatient war veterans with PTSD, war veterans who do not exercises regularly, who diagnosed as PTSD after the war, who do not have psychotic symptoms, mood disorders, addiction,...; exclusion criteria: persons with post traumatic stress disorder who are not war veterans, inpatient war veterans with PTSD, war veterans who do exercises regularly, who diagnosed as mood disorder, personality disorder, psychotic disorder and addiction,... in addition to PTSD, inability to have communication, inability in answering the checklist, understanding and responding to the questions

Age
To 60 years old
Gender
Male

Phase
N/A

Groups that have been masked
No information

Sample size
Target sample size: 26

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

Deputy of Research and Technology in Ahvaz
Jundishapur University of Medical Sciences

Street address

Deputy of Research and Technology, Jundishapur
University of Medical Sciences, Ahvaz

City

Ahvaz

Postal code

Approval date

2012-04-21, 1391/02/02

Ethics committee reference number

ETH-443

Health conditions studied

1

Description of health condition studied

post traumatic stress disorder

ICD-10 code

F43.1

ICD-10 code description

Post-traumatic stress disorder

Primary outcomes

1

Description

quality of life

Timepoint

before the intervention, 3 months after the intervention,
3 month after the end of intervention

Method of measurement

36 Item short form health survey(SF36)

Secondary outcomes

1

Description

mental and physical components scale of quality of life

Timepoint

before the intervention, 3 month after the intervention, 3
month after the end of intervention

Method of measurement

36 item short form health survey

Intervention groups

1

Description

intervention group : group aerobic exercise program for
12 weeks, 2 sessions in every week and each session for
40 minutes

Category

Rehabilitation

2

Description

control group: no intervention

Category

N/A

Recruitment centers

1

Recruitment center

Name of recruitment center

Jundishapour University of Medical Sciences

Full name of responsible person

Batool Mandani

Street address

Occupational therapy Department, Rehabilitation
School, opposite the MRI Building, Jundishapour
University of Medical Sciences, Ahvaz

City

Ahvaz

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Ahvaz Jundishapour University of Medical Sciences

Full name of responsible person

Dr Hossein Negahban

Street address

Musculoskeletal Rehabilitation Research Center,
Rehabilitation School, opposite the MRI Building,
Jundishapur University of Medical Sciences, Ahvaz

City

Ahvaz

Grant name

Grant code / Reference number

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

Yes

Title of funding source

Ahvaz Jundishapur 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

Musculoskeletal Rehabilitation Research Center

Full name of responsible person

Batool Mandani

Position

MS of occupational therapy

Other areas of specialty/work

Street address

Occupational therapy Department, Rehabilitation
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Web page address

Person responsible for updating data

Contact

Name of organization / entity

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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