

Clinical Trial Protocol

Iranian Registry of Clinical Trials

16 Sep 2026

Effects of Exercise on Mental Health of the Elderly

Protocol summary

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Summary

Aim: Determine impact of exercise on mental health of elderly. Design: randomized Clinical trial, no placebo, not blinding, Population of study was 48 person. inclusion criteria: age over 60 years old; ability of exercise; Lack of physical; mental and emotional illness or history of any particular exercise will putting at risk his health; Interested in participating in exercise programs and do not have participate exercise program out of Association. exclusion criteria: lack of satisfaction, injury during exercise. 48 person randomly divided to 24 person group by lottery. intervention group lenience and exercise by researcher 16 session, 4 per week 15- 25 minutes a day and control group received no intervention. research unit completed Mental Health Checklist before and after exercising program.

Recruitment status

Recruitment complete

Funding source

Vice chancellor for research Mazandaran University of Medical Sciences

Expected recruitment start date

2011-03-21, 1390/01/01

Expected recruitment end date

2012-03-20, 1391/01/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2016091914504N4**

Registration date: **2016-10-09, 1395/07/18**

Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2016-10-09, 1395/07/18

Registrant information

Name

Nafiseh Hekmati Pour

Name of organization / entity

Mashhad University of Medical Sciences

Country

Iran (Islamic Republic of)

Phone

+98 935 542 5676

Email address

Scientific title

Effects of Exercise on Mental Health of the Elderly

Public title

Effects of Exercise on Mental Health of the Elderly

Purpose

Supportive

Inclusion/Exclusion criteria

inclusion criteria: age over 60 years old; ability of exercise; Lack of physical; mental and emotional illness or history of any particular exercise will putting at risk his health; Interested in participating in exercise programs and do not have participate exercise program out of Association. exclusion criteria: lack of satisfaction, injury during exercise.

Age

No age limit

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **48**

Randomization (investigator's opinion)

Randomized

Randomization description**Blinding (investigator's opinion)**

Not blinded

Blinding description**Placebo**

Not used

Assignment

Other

Other design features**Secondary Ids**

empty

Ethics committees**1****Ethics committee****Name of ethics committee**

Ethics Committee of Mazandaran University of
Medical Sciences

Street address

7 km of sea road, Mazandaran University of Medical
Sciences, Sari, Mazandaran, Iran Sari

City

Amol

Postal code**Approval date**

2009-09-23, 1388/07/01

Ethics committee reference number

799

Health conditions studied**1****Description of health condition studied**

Mental Health

ICD-10 code

Z00

ICD-10 code description

General examination and investigation of persons
without complaint and reported diagnosis

Primary outcomes**1****Description**

Mental Health

Timepoint

baseline, end of study

Method of measurement

Mental Health Checklist

Secondary outcomes

empty

Intervention groups**1****Description**

intervention group exercised 16 session, per 4 week 15 -
25 minutes a day.

Category

Other

2**Description**

control group received no intervention.

Category

N/A

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

Farzanegan

Full name of responsible person

Mohammad Reza Shahmoradi

Street address

Talghani Street

City

Gonbad kavous

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

Mirdamad

Full name of responsible person

AliReza Pezeshkpour

Street address

Imam reza street

City

Gorgan

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

Vice Chancellor for research of Mazandaran University
of Medical Sciences

Full name of responsible person

Ahmad Ali Enayati

Street address

Moallem Square, Mazandaran University of Medical
Sciences, Sari, Mazandaran, Iran Sari

City

Amol

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 of Mazandaran 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**

Ali Abad Katoul Azad University

Full name of responsible person

Hamid Hojjati

Position

Assistant Professor

Other areas of specialty/work**Street address**

Assistant Professor

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H_hojjati1362@yahoo.com

Web page address**Person responsible for scientific inquiries****Contact****Name of organization / entity**

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Hamid Hojjati

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Ph.d

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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