# Clinical Trial Protocol
# Iranian Registry of Clinical Trials

22 Nov 2026

## The effects of constant jogging on elderly women's quality of life

## Protocol summary

**Summary**
The elderly comprise a large portion of any society and since the age affects an individual's quality of life greatly, interventions have to be done in their lives in order to improve their quality of life. Constant jogging is one of the proper measures that can be taken to reach the goal. Thus, the present study aims to investigate the effects of constant jogging on elderly women's quality of life. Present study is a clinical trials study and The target population of the study included the women of 65 to 75 years old in Maragheh of which 66 were selected through random sampling from the lists available in the official health care centers. These subjects were mentally and physically healthy and were randomly put into two experimental and control groups. Later on, a six-week Structured and supervised training intervention was given to the experimental group. All subjects answered the quality of life questionnaires before and after the intervention and according to the answers their quality of life was assessed.

## General information

**Acronym**

**IRCT registration information**
IRCT registration number: **IRCT2013122414617N2**
Registration date: **2014-03-22, 1393/01/02**
Registration timing: **retrospective**

Last update:
Update count: **0**

**Registration date**
2014-03-22, 1393/01/02

**Registrant information**
**Name**
Manijeh Dehi Aroogh
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Maragheh Faculty of Medical Sciences
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**Recruitment status**
**Recruitment complete**

**Funding source**
Vice chancellor for research, Tabriz University of Medical Sciences

**Expected recruitment start date**
2010-01-05, 1388/10/15
**Expected recruitment end date**
2011-11-01, 1390/08/10
**Actual recruitment start date**
empty
**Actual recruitment end date**
empty
**Trial completion date**
empty

**Scientific title**
The effects of constant jogging on elderly women's quality of life

**Public title**
The effects of constant jogging on elderly women's quality of life
**Purpose**
Supportive
**Inclusion/Exclusion criteria**
Inclusion criteria: females; 65 to 75 years age; able to answer LIPAD questionnaire; subjects' mental and physical abilities approved by an internal medicine the along with muscular, skeletal and articular health.
Exclusion criteria: subjects with any form of regular 2 or 3 session physical activity for the last 2 months; reluctant subjects and the subjects intolerant of physical activities.
**Age**
From **65 years** old to **75 years** old

**Gender**
Female

**Phase**
N/A
**Groups that have been masked**
*No information*
**Sample size**
Target sample size: **66**
**Randomization (investigator's opinion)**
Randomized
**Randomization description**
**Blinding (investigator's opinion)**
Not blinded
**Blinding description**
**Placebo**
Not used
**Assignment**
Single
**Other design features**

## Secondary Ids

empty

## Ethics committees

**1**

**Ethics committee**
**Name of ethics committee**
Ethical Committee of Tabriz University of Medical Sciences
**Street address**
Tabriz University of Medical Sciences, Golgasht street, Tabriz, Iran
**City**
Tabriz
**Postal code**
**Approval date**
2010-01-20, 1388/10/30
**Ethics committee reference number**
8391/4/5

## Health conditions studied

**1**

**Description of health condition studied**
Constant jogging and elderly women's quality of life.
**ICD-10 code**
-
**ICD-10 code description**
-

## Primary outcomes

**1**

**Description**
Quality of life of the elderly
**Timepoint**
Before intervention, Right after the intervention
**Method of measurement**
LIPAD quality of life questionnaire

## Secondary outcomes

empty

## Intervention groups

**1**

**Description**
The intervention group: sport intervention in the experimental group took 6 weeks with 3 sessions of 30 minutes per week. The structured and supervised training protocol consisted of 3 warm-up, aerobic exercise and cool-down stages. The exercises were conducted in groups of 4. The first seven minutes were stretching exercises for warm-up. This section aimed mainly to use some dynamic activities for activation of large muscle groups. In the next stage, the subjects jogged on a treadmill with a digital screen for heartbeat and calorie use for 15 minutes. It should be noted that maximum heartbeat was identified in order to control the severity of the physical activity. In order to do so, in the first 2 weeks the exercises' severity was 55%, in the second 2 weeks, it was 65% and in the final 2 weeks, it reached 75% heartbeat. In the third stage, the subjects were cooled down with stretching exercises similar to the first stage for 7 minutes.
**Category**
Other

**2**

**Description**
Before and after the intervention, the quality of life questionnaires were filled up. However, there was no physical exercise for this group.
**Category**
N/A

## Recruitment centers

**1**

**Recruitment center**
**Name of recruitment center**
Official healthcare centers in Maragheh
**Full name of responsible person**
**Street address**
**City**
Maraghe

## Sponsors / Funding sources

**1**

**Sponsor**
**Name of organization / entity**
Vice chanVice chancellor for research, Tabriz

University of Medical Sciences, Golgasht street, Tabr

**Full name of responsible person**
Dr Mohammad Reza Rashidi

**Street address**
Golgasht street, Vice chancellor for research, university of Medical Sciences, Tabriz, Iran

**City**
Tabriz

**Grant name**
-

**Grant code / Reference number**
-

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

**Title of funding source**
Vice chanVice chancellor for research, Tabriz University of Medical Sciences, Golgasht street, Tabr

**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**

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Maragheh Faculty of Medical Sciences

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**Position**
Master of Science - Member of Faculty

**Other areas of specialty/work**

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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*