

Clinical Trial Protocol

Iranian Registry of Clinical Trials

29 Jun 2026

The impact of walking using pedometer on depression and general health of post menopausal women.

Protocol summary

Summary

The purpose of this randomized controlled clinical trial is to determine the effect of walking using pedometer on depression and general health of post menopausal women. In this study 106 postmenopausal client women aged between 45-60 years and they have not menstrual cycle during the preceding 12 months in health center were randomly selected and assigned in two groups. 53 client in the intervention group and 53 client in the control group at random using a random number table is placed. The samples in each group were randomly selected and are placed based on exclusion and inclusion criteria. Data collected is using the Beck Depression Questionnaire, General Health Questionnaire, International Physical Activity questionnaire and the Questionnaire to assess demographic situation. Subjects will walk for 12 weeks, three times per week for at least half an hour. Intervention group record their daily steps by pedometer during study and then it will be recorded in provided check list through investigation of researcher. International physical activity questionnaire and general health questionnaire will fill every month for 3 months for all subjects. After 90 days Beck questionnaire, the General Health Questionnaire and the Physical Activity Scale will be completed for the intervention group and the control group and investigated. In the long run the research group will have their normal activities and will not participate in any walking program.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2014020616501N1**

Registration date: **2014-03-08, 1392/12/17**

Registration timing: **registered_while_recruiting**

Last update:

Update count: **0**

Registration date

2014-03-08, 1392/12/17

Registrant information

Name

Parvin Nikkhah

Name of organization / entity

Jundishapur University of Medical Sciences

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Recruitment status

Recruitment complete

Funding source

Research Jundishapur Medical Science University of Ahvaz

Expected recruitment start date

2014-01-05, 1392/10/15

Expected recruitment end date

2014-04-04, 1393/01/15

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The impact of walking using pedometer on depression and general health of post menopausal women.

Public title

Walking with pedometer, Depression, General health in postmenopausal women.

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria:postmenopausal women aged 60_45 years;have not menstrual cycle during the preceding 12 months;Tend to walk;Subjects with mild or moderate depression. Exclusion criteria;skeletal- muscle disease, joint problems, knee, hip and foot fracture; Disease, which is discouraging walking.

Age

From **45 years** old to **60 years** old

Gender

Female

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **106**

Randomization (investigator's opinion)

Randomized

Randomization description

Blinding (investigator's opinion)

Single blinded

Blinding description

Placebo

Not used

Assignment

Parallel

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Ahvaz University of Medical Science

Street address

Golestan highway, University of Medical Science

City

Ahvaz

Postal code

61375-15794

Approval date

2014-02-15, 1392/11/26

Ethics committee reference number

B-9229

Health conditions studied

1

Description of health condition studied

General health, Depression

ICD-10 code

f32

ICD-10 code description

Depressive episode

Primary outcomes

1

Description

Depression

Timepoint

Before and 12 weeks after study

Method of measurement

Beck Depression Questionnaire

2

Description

General Health

Timepoint

Before and 4 week, 8 week and 12 week after study

Method of measurement

GSQ-28

Secondary outcomes

empty

Intervention groups

1

Description

walking in the intervention group with pedometer performed 12 weeks. at this time is done at least 3 days per week and at least half an hour's walk.

Category

Behavior

2

Description

In the control group do not intervention during the 12-week study, only they are monitored monthly and the forms are filled.

Category

N/A

Recruitment centers

1

Recruitment center

Name of recruitment center

N 1, East, Health Center

Full name of responsible person

parvin nikkhah

Street address

Shahid Rastegari St, Ayatollah Behbahani highway

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2

Recruitment center

Name of recruitment center

N 5, West, Health Center

Full name of responsible person

Parvin Nikkhah

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Kianabad

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Vice chancellor for research, Ahvaz Jundishapour
University of Medical Sciences and Faculty of Arvan

Full name of responsible person

Dr. mostafa feghhi

Street address

Golestan highway

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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, Ahvaz Jundishapour
University of Medical Sciences and Faculty of Arvan

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

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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