Clinical Trial Protocol
Iranian Registry of Clinical Trials

17 Sep 2026

The impact of walking using pedometer on depression and general heath 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 heath of post menopausal women.in this study 106 postmenopausal client women aged between 45-60 years and they have not menstural 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
Country
Iran (Islamic Republic of)
Phone
+98 61 1373 8331
Email address
nikkhah.p@ajums.ac.ir

Recruitment status

Recruitment complete

Funding source

Research Jundishapur Medical Science Universiry 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 heath 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 menstural 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

City

Ahvaz

2

Recruitment center

Name of recruitment center
N 5, West, Health Center

Full name of responsible person
Parvin Nikkhah

Street address
Kianabad

City
Ahvaz

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

City
Ahvaz

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
Ahvaz Jondishapur University of Medical Sciences-Faculty of Arvand International Division

Full name of responsible person
Parvin Nikkhah

Position
Master of science at midwifery

Other areas of specialty/work

Street address
Golestan Avenue

City
Ahvaz

Postal code
61357-15794

Phone
+98 61 1373 8331

Fax
+98 61 1373 8071

Email
parvinnikkhah@yahoo.com

Web page address
fnursing.ajums.ac.ir

Person responsible for scientific inquiries

Contact

Name of organization / entity
Ahvaz University of Medical Sciences.

Full name of responsible person
Dr. Parvin Abedi

Position
Assistant

Other areas of specialty/work

Street address
Golestan highway

City
Ahvaz

Postal code
61357-15794

Phone
+98 61 1373 8071

Fax
+98 61 1373 8081

Email
parvinabedi@ymail.com

Web page address
fnursing.ajums.ac.ir

Person responsible for updating data

Contact

Name of organization / entity
Jundishapur university of medical Sciences

Full name of responsible person
Parvin nikkhah

Position
Master of science at midwifery

Other areas of specialty/work

Street address
Golestan Highway

City
Ahvaz

Postal code
61357-15794

Phone
+98 61 1373 8071

Fax
+98 61 1373 8071

Email
parvinnikkhah@yahoo.com

Web page address
fnursing.ajums.ac.ir

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