Clinical Trial Protocol
Iranian Registry of Clinical Trials

24 Sep 2026

The effect of whole body vibration and mental practice on balance in elderly men

Protocol summary

Summary

The present research aimed to study the effects of whole body vibration, Mental practice and combined vibration and mental practice on static and dynamic balance of elderly men. This was a semi-experimental research. The participants included 42 healthy, elderly men aged 60-80 yrs from Mashhad who was randomly categorized into 4 groups: vibration (n=12), mental practice (n=10), combined practice (n=10) and control (n=10). The experimental groups practiced their specific protocols for 8 weeks, 3 sessions a week. The vibration group practiced 6 body positions based on the overload principle with intensity 30-35 HZ and 5 mm amplitude. The mental group practiced for the same duration of time as the vibration group meanwhile the control group was just engaged in their daily life routine. Static and dynamic balances were assessed using stability tests on Biobex and TUG tests, respectively.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2014051817743N1**
Registration date: **2014-08-04, 1393/05/13**
Registration timing: **retrospective**

Last update:
Update count: **0**

Registration date

2014-08-04, 1393/05/13

Registrant information

Name

Mostafa Rahimi Jounaghani

Name of organization / entity

Shahrekork University

Country

Iran (Islamic Republic of)

Phone

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Email address

mostafa.rahimi20@gmail.com

Recruitment status

Recruitment complete

Funding source

Semnan University

Expected recruitment start date

2013-09-04, 1392/06/13

Expected recruitment end date

2013-11-11, 1392/08/20

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effect of whole body vibration and mental practice on balance in elderly men

Public title

The effect of vibration and mental training on older man balance

Purpose

Health service research

Inclusion/Exclusion criteria

Inclusion Criteria: Male Exclusion Criteria: Healthy Human Volunteer

Age

From **60 years** old to **80 years** old

Gender

Male

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **42**

Randomization (investigator's opinion)

Randomized

Randomization description

Blinding (investigator's opinion)

Single blinded

Blinding description

Placebo

Not used

Assignment

Factorial

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Semnan University

Street address

Semnan University, Faculty of Physical Education and Sport Sciences

City

Semnan

Postal code

35131-19111

Approval date

2012-09-22, 1391/07/01

Ethics committee reference number

1392/2831

Health conditions studied

1

Description of health condition studied

Healthy Older Man

ICD-10 code

Z00-Z13

ICD-10 code description

Persons encountering health services for examination and investigation

Primary outcomes

1

Description

Static Balance

Timepoint

Befor and After Two Monthes of intrvention

Method of measurement

Biodex set

Secondary outcomes

1

Description

Dynamic Balance

Timepoint

Befor and After Two Monthes of Intervention

Method of measurement

TUG test

Intervention groups

1

Description

Experimental Group1: Whole Body Vibration Training, 5 sessions per week, 2 months

Category

Treatment - Other

2

Description

Experimental group 2: Mental Training, 5 sessions per week, 2 months

Category

Treatment - Other

3

Description

Experimental group3: Whole Body Vibration and Mental Training, 5 sessions per week, 2 months

Category

Treatment - Other

4

Description

Control Group: Not Intervention

Category

N/A

Recruitment centers

1

Recruitment center

Name of recruitment center

Sport Medicen center

Full name of responsible person

Dr Seyed Reza Goldozyan

Street address

Sport Medicen center, Mashhad

City

Mashhad

Sponsors / Funding sources

1

Sponsor
Name of organization / entity
Semnan University
Full name of responsible person
Dr Behroze Gholmohamadi
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City
Semnan
Grant name
Grant code / Reference number
Is the source of funding the same sponsor organization/entity?
Yes
Title of funding source
Semnan University
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

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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