

Clinical Trial Protocol

Iranian Registry of Clinical Trials

11 Sep 2026

Comparison the effect of Cawthorne and Cooksey exercises on quality of life and balance of 60 to 80 year old people in the intervention group with control group who are not receiving this exercises

Protocol summary

Summary

The purpose of this study was to survey the effect of Cawthorne and Cooksey exercises on quality of life and balance of 60 to 80 year old people. The research sample consisted of forty elderly people residing in Shiraz which were attended to Shiraz Jahandidegan retirement center. Sample size calculation was based on sample size used in previous studies. Forty selected people randomly put in two interventions (20) and control (20) groups. People who were participated in this study must obtain a minimum score of 18 out of 30 in the Mini Mental State Examination (MMSE) and not have any problem in cognition , vision and hearing which can not be corrected also they must not have pathologic diagnosis such as Neuromusculoskeletal disease, Orthopedic, Neurologic , Rheumatologic, Psychologic, Cardio vascular and uncontrolled Hypertension in the past 3 years. Exclusion criteria were considered as patients' unwillingness to continue for cooperation, in the incidence of diseases such as stroke, etc. during the study. The balance and individual's life quality with using Berg balance scale questionnaire and 36 Short Form survey (SF-36) quality of life questionnaire in two steps (before and after 2 months intervention) were calculated. The intervention group for 2 months and 3 days a week, 60 minutes for each session conducted Cawthorne and Cooksey exercises. Cawthorne and cooksey exercise protocol is one of the most common vestibular Rehabilitation program that involve balance centers such as vision, proprioception and vestibular and can be used to promote new peripheral sensorial information arrangements.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2014061618111N1**

Registration date: **2016-05-18, 1395/02/29**

Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2016-05-18, 1395/02/29

Registrant information

Name

Abolghasem Fallahzadehabarghuei

Name of organization / entity

Shiraz University of Medical Sciences

Country

Iran (Islamic Republic of)

Phone

+98 71386271551

Email address

fallahzadehm@sums.ac.ir

Recruitment status

Recruitment complete

Funding source

Vice Chancellor for Research and Technology, Shiraz University of Medical Sciences

Expected recruitment start date

2013-11-16, 1392/08/25

Expected recruitment end date

2013-12-16, 1392/09/25

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Comparison the effect of Cawthorne and Cooksey exercises on quality of life and balance of 60 to 80 year old people in the intervention group with control group who are not receiving this exercises

Public title

The effect of Cawthorne and Cooksey exercises on quality of life and balance of 60 to 80 year old

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria: No cognitive; visual; uncorrectable hearing problems; not having neuromuscular; orthopedic; neurologic; rheumatologic; psychological; cardiovascular diseases and uncontrolled blood pressure (during the last three years) and non-use of nerves medicines specific for chronic mental illness; anti epileptic drugs or other nerves medicines and tranquilizer with high dosage and obtaining a minimum score of 18 out of 30 in the Mini Mental Status Examination. Exclusion criteria were considered as patients' unwillingness to continue for cooperation; in the incidence of diseases such as stroke; etc during the study.

Age

From **59 years** old to **79 years** old

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **30**

Randomization (investigator's opinion)

Not randomized

Randomization description

Blinding (investigator's opinion)

Not blinded

Blinding description

Placebo

Not used

Assignment

Parallel

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Ethics Committee of Shiraz University of Medical Sciences

Street address

in front of the palestine Street, Zand Street.

City

Shiraz

Postal code

14336_71348

Approval date

2013-04-10, 1392/01/21

Ethics committee reference number

CT-P-9361-6731

Health conditions studied

1

Description of health condition studied

Balance and Quality Of Life in elderly

ICD-10 code

-

ICD-10 code description

-

Primary outcomes

1

Description

Balance

Timepoint

Before intervention, 1 month after beginning of intervention, at the end of the intervention

Method of measurement

Berg Balance Scale

2

Description

Quality Of Life

Timepoint

Before intervention, 1 month after beginning of intervention, at the end of the intervention

Method of measurement

SF36 Questionnaire

Secondary outcomes

empty

Intervention groups

1

Description

The intervention group conducted Cawthorne and Cooksey exercises for 2 months, 3 days a week for 60 minutes each session. The duration of doing exercises was based on previous studies. Cawthorne and Cooksey exercises are part of vestibular rehabilitation program and involve head, neck and eye movements, postural control exercises in different positions (seated, in two-leg and one-leg positions, walking), use of soft surface to reduce proprioceptive input, and exercises with closed eyes to exclude visual cues.

Category

Rehabilitation

2

Description

the control group did not receive any intervention.

Category

N/A

Recruitment centers

1

Recruitment center

Name of recruitment center

daily center of Jahandidegan Retirement center

Full name of responsible person

Mr Shafiee

Street address

Kholdebarin Park, Besat blvd., Shiraz

City

Shiraz

2

Recruitment center

Name of recruitment center

Daily center of Retired Older Adults

Full name of responsible person

Abolghasem Fallahzadeh

Street address

School of Rehabilitation, Shiraz University of Medical Sciences

City

Shiraz

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Vice chancellor for research, Shiraz University of Medical Sciences

Full name of responsible person

Doctor Basir Hashemi

Street address

Vice chancellor for research, Shiraz university of medical Sciences, Zand Street.

City

Shiraz

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, Shiraz 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

School of Rehabilitation, Shiraz University of medical sciences Sciences

Full name of responsible person

Ali Ghanbary

Position

PhD of Physical Therapy / Faculty Research Assistant

Other areas of specialty/work

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Person responsible for scientific inquiries

Contact

Name of organization / entity

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Full name of responsible person

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Position

Master Of Science

Other areas of specialty/work

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Person responsible for updating data

Contact

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Full name of responsible person

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Position

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

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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