

Clinical Trial Protocol

Iranian Registry of Clinical Trials

02 Aug 2026

Effect of Group Hiking in Nature on Physical Health and Quality of Life in Chronic Schizophrenic Patients

Protocol summary

Summary

The aim of this study was to determine the effect of group hiking in nature on physical health and quality of life in chronic schizophrenic patients. The patients were admitted in Sina Psychiatric Hospital. This study was a quasi-experimental, not-blinded study with simple random allocation. 62 chronic schizophrenic patients were allocated randomly in two routine treatment (n=30) and hiking (n=32) groups. Inclusion criteria were diagnosis of chronic schizophrenia and walking ability. Exclusion criteria were physical disabilities; mental retardation; and disorders such as Alzheimer and dementia. The patients in routine treatment group received routine treatment. The patients in hiking group participated in group walking program(in nature), 90 minutes every morning for 2 months in addition to routine treatment. Level of triglyceride, cholesterol, fasting blood sugar, and quality of life in both groups were evaluated in two steps: at the beginning and the end of study.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT201306222085N12**

Registration date: **2013-12-10, 1392/09/19**

Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2013-12-10, 1392/09/19

Registrant information

Name

Neda Parvin

Name of organization / entity

Shahrekord University of Medical Sciences

Country

Iran (Islamic Republic of)

Phone

+98 38 1333 5652

Email address

nedali285@skums.ac.ir

Recruitment status

Recruitment complete

Funding source

Vice chancellor for research and technology, Shahrekord University of Medical Sciences

Expected recruitment start date

2011-04-04, 1390/01/15

Expected recruitment end date

2011-09-06, 1390/06/15

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Effect of Group Hiking in Nature on Physical Health and Quality of Life in Chronic Schizophrenic Patients

Public title

Effect of Group Hiking in Nature on Physical Health and Quality of Life in Chronic Schizophrenic Patients

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria: Diagnosis of chronic schizophrenia and walking ability. Exclusion criteria: Physical disabilities; mental retardation; and disorders such as Alzheimer and dementia.

Age

From **18 years** old to **75 years** old

Gender

Male

Phase
N/A

Groups that have been masked
No information

Sample size
Target sample size: 62

Randomization (investigator's opinion)
Randomized

Randomization description

Blinding (investigator's opinion)
Not blinded

Blinding description

Placebo
Not used

Assignment
Parallel

Other design features
Samples were randomly allocated to routine treatment or hiking group based on odd or even numbers.

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee
Ethics Committee of Shahrekord Medical University of Sciences

Street address
Rahmatiee, Shahrekord Medical University of Sciences, Shahrekord

City
Shahrekord

Postal code

Approval date
2010-10-26, 1389/08/04

Ethics committee reference number
89-9-8

Health conditions studied

1

Description of health condition studied
Chronic schizophrenia

ICD-10 code
F20.5

ICD-10 code description
Residual schizophrenia

Primary outcomes

1

Description
Cholesterol level

Timepoint
At the first and the end of the study

Method of measurement
Spectrophotometry

2

Description
Triglyceride level

Timepoint
At the first and the end of the study

Method of measurement
Spectrophotometry

3

Description
Level of fasting blood sugar

Timepoint
At the first and the end of the study

Method of measurement
Serologic methods

4

Description
Quality of life

Timepoint
At the first and the end of the study

Method of measurement
Schizophrenic patients quality of life questionnaire(SQLS-30)

Secondary outcomes

empty

Intervention groups

1

Description
Routine treatment group: The patients in routine treatment group received routine treatment.

Category
Treatment - Drugs

2

Description
Hiking group: The patients in hiking group participated in group hiking program(in nature), 90 minutes every morning for 2 months in addition to routine treatment.

Category
Other

Recruitment centers

1

Recruitment center

Name of recruitment center
Sina psychiatry Hospital

Full name of responsible person
Dr Masoud Nikfarjam
Street address
Sina psychiatry Hospital, Joneghan
City
Joneghan

np285@yahoo.com
Web page address

Person responsible for scientific inquiries

Contact

Name of organization / entity
Shahrekord University of Medical Sciences
Full name of responsible person
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Sponsors / Funding sources

1

Sponsor

Name of organization / entity
Vice chancellor for research and technology,
Shahrekord University of Medical Sciences
Full name of responsible person
Dr Mahmood Mobasheri
Street address
Aytollah Kashani Street, Shahrekord University of Medical Sciences, Shahrekord
City
Shahrekord
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 and technology, Shahrekord 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

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Shahrekord University of Medical Sciences
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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