

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

23 Jun 2026

### Investigating the effect of education based on need prevention of fall on activity of daily living in the elderly

#### Protocol summary

##### Summary

Older adults falls is of great importance. With regard to the prevalence of falls among older adults, its prevention is essential. Therefore, the present study aim is to define the effect of need-based education on prevention of older adults' falls on their everyday life. This is a quasi-experimental study. Study population comprised all older adults, aged 60 years and over referring to health care centers in Isfahan. Through multiple random sampling, 15 older adults were selected in four health care centers. Included: Inclusion criteria: Signing a consent form to attend the study; Having adequate consciousness and hearing ability; Familiarization with Persian language; Age of 60 years or over; no mental and physical disability; History of at least one fall; Not using mobility assistive tools Exclusion criteria: Loss of interest to continue cooperation with the study; Older adults' death; Occurrence of a physical disability and using mobility assistive tool; Absenteeism for more than two sessions

#### General information

##### Acronym

##### IRCT registration information

IRCT registration number: **IRCT2014112720115N1**  
Registration date: **2015-02-04, 1393/11/15**  
Registration timing: **retrospective**

Last update:

Update count: **0**

##### Registration date

2015-02-04, 1393/11/15

##### Registrant information

##### Name

Abdollah Rezaei Dehaghani

##### Name of organization / entity

Isfahan university Of Medical Sciences

##### Country

Iran (Islamic Republic of)

##### Phone

+98 31 3650 1629

##### Email address

rezaei@nm.mui.ac.ir

##### Recruitment status

**Recruitment complete**

##### Funding source

Isfahan University of Medical Sciences

##### Expected recruitment start date

2014-10-01, 1393/07/09

##### Expected recruitment end date

2014-12-01, 1393/09/10

##### Actual recruitment start date

empty

##### Actual recruitment end date

empty

##### Trial completion date

empty

##### Scientific title

Investigating the effect of education based on need prevention of fall on activity of daily living in the elderly

##### Public title

The effective prevention of fall on activity of daily living

##### Purpose

Prevention

##### Inclusion/Exclusion criteria

Inclusion criteria: Signing a consent form to attend the study; Having adequate consciousness and hearing ability; Familiarization with Persian language; Age of 60 years or over; no mental and physical disability; History of at least one fall; Not using mobility assistive tools  
Exclusion criteria: Loss of interest to continue cooperation with the study; Older adults' death; Occurrence of a physical disability and using mobility assistive tool; Absenteeism for more than two sessions

##### Age

From **55 years** old to **100 years** old

## Gender

Both

## Phase

N/A

## Groups that have been masked

*No information*

## Sample size

Target sample size: **60**

## Randomization (investigator's opinion)

Randomized

## Randomization description

## Blinding (investigator's opinion)

Double blinded

## Blinding description

## Placebo

Not used

## Assignment

Parallel

## Other design features

## Secondary Ids

empty

## Ethics committees

### 1

#### Ethics committee

##### Name of ethics committee

Isfahan University of Medical Sciences

##### Street address

Isfahan University of Medical Sciences-University  
Street-Isfahan-Iran

##### City

Isfahan

##### Postal code

#### Approval date

2013-09-23, 1392/07/01

#### Ethics committee reference number

2039

## Health conditions studied

### 1

#### Description of health condition studied

Relationship-based training needed to prevent the collapse of the activities of daily

#### ICD-10 code

Z40-Z54

#### ICD-10 code description

Persons encountering health services for specific procedures and health care

## Primary outcomes

### 1

#### Description

Activity daily of living

#### Timepoint

Before-after-a month later

#### Method of measurement

ADL questionnaire

### 2

#### Description

Instrumental activities of daily living

#### Timepoint

Before-after-a month later

#### Method of measurement

IADLquestionnaire

## Secondary outcomes

empty

## Intervention groups

### 1

#### Description

The intervention was on prevention of falls. Some elderly were interviewed to prepare the educational package. During the interviews, older adults' educational needs were extracted and checked with the existing resources. Then, necessary modifications were conducted. Next, the primary draft of educational program was distributed among some academic members, and after making necessary changes, the final draft of educational program was finalized. After sampling, each group underwent six weekly 45-minute sessions. Intervention started with an orientation and familiarization with the general format of research and primary concepts, and in the next sessions, the subjects were familiarized with the nature and causes of falls, its methods of prevention and older adult education on environmental modifications. During each session, discussion and Q & A were conducted, and the elderly were given related assignment.

#### Category

Prevention

### 2

#### Description

non education

#### Category

N/A

## Recruitment centers

### 1

#### Recruitment center

##### Name of recruitment center

25 Dastgerd

##### Full name of responsible person

ĪHosseini

##### Street address

Isfahan - Keshavars St

**City**

Isfahan

**2**

**Recruitment center**

**Name of recruitment center**

The first martyr

**Full name of responsible person**

**Street address**

Isfahan - Parvin St - Mearag St

**City**

Isfahan

**3**

**Recruitment center**

**Name of recruitment center**

Imam Ali

**Full name of responsible person**

**Street address**

Isfahan - First 24 Metri St -

**City**

Isfahan

**4**

**Recruitment center**

**Name of recruitment center**

Amir hamze

**Full name of responsible person**

**Street address**

Isfahan - Keshavars St - Amirieh St -14St

**City**

Isfahan

**Sponsors / Funding sources**

**1**

**Sponsor**

**Name of organization / entity**

Isfahan University of Medical Sciences

**Full name of responsible person**

Dr Gholamreza Asghari

**Street address**

Isfahan University of Medical sciences-Hezar jrib-

Isfahan

**City**

Isfahan

**Grant name**

**Grant code / Reference number**

**Is the source of funding the same sponsor organization/entity?**

Yes

**Title of funding source**

Isfahan 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**

Isfahan University of Medical Sciences ,Faculty of Nursing and Midwifery

**Full name of responsible person**

Abdollah rezaei Dehaghani

**Position**

Master of Science in Nursing

**Other areas of specialty/work**

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**Person responsible for scientific inquiries**

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**Full name of responsible person**

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**Name of organization / entity**

Faculty of Nursing and Midwifery

**Full name of responsible person**

marziyh ghasemi

**Position**

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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*