

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

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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 updating data

Contact

Name of organization / entity

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Full name of responsible person

marziyh ghasemi

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Postal code

81746-73461

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Fax

Email

ghasemi.nurse@gmail.com

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