

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

09 Jun 2026

### The effect of Tai chi chuan on Depression and Anxiety level among elderly women who are the members of Tehrans Industry oil retirees club

#### Protocol summary

##### Summary

purpose of study: Determine the effect of Tai chi chuan exercise on Depression and Anxiety level among elderly women who are the member of Tehran s industry oil retirees club . Study Design: Quasi experimental ; two group (Intervention and Control); randomized; before and after study. Inclusion criteria: Age over 60; Absence of sensory and motor disabilities; Lean to participate in the study; Geriatric depression scale score above 8. Exclusion criteria: appearance of pain or other physical or mental problems that prevent the intervention; disinclination to continue the exercise program.Target sample size: 60 elderly women were divided randomly into 2 group (intervention and control ). 29 persons were in intervention group and 31 persons in control group. Intervention: Practice Tai Chi Chuan exercise( yang style) ; 8 weeks; 3 times a week; 45-60 minutes. Geriatric depression and Spielberger anxiety questioners were completed before and after intervention.

#### General information

##### Acronym

##### IRCT registration information

IRCT registration number: **IRCT2015020420955N1**  
Registration date: **2015-07-26, 1394/05/04**  
Registration timing: **retrospective**

Last update:

Update count: **0**

##### Registration date

2015-07-26, 1394/05/04

##### Registrant information

##### Name

Zahra Khesali

##### Name of organization / entity

University of Social Welfare and Rehabilitation

Sciences

##### Country

Iran (Islamic Republic of)

##### Phone

+98 55037059

##### Email address

za.khesali@uswr.ac.ir

##### Recruitment status

**Recruitment complete**

##### Funding source

Investigator

##### Expected recruitment start date

2014-12-22, 1393/10/01

##### Expected recruitment end date

2015-02-20, 1393/12/01

##### Actual recruitment start date

empty

##### Actual recruitment end date

empty

##### Trial completion date

empty

##### Scientific title

The effect of Tai chi chuan on Depression and Anxiety level among elderly women who are the members of Tehrans Industry oil retirees club

##### Public title

The effect of Tai chi chuan on Depression and Anxiety level among elderly women

##### Purpose

Prevention

##### Inclusion/Exclusion criteria

Inclusion criteria: Age over 60; Lean to participate in the study; Absence of sensory and motor disabilities; Cognition health(according to Abbreviate Mental test: score above 7); Ability to speak and understand Persian; Recently no Tai chi exercise; Not taking anti -anxiety and depression drugs; Geriatric depression scale score above 8 Inclusion criteria: Inability to participate in the weekly

schedule; appearance of pain or other physical or mental problems that prevent the intervention; disinclination to continue the exercise program.

#### Age

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

#### Gender

Female

#### 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)

Not blinded

#### Blinding description

#### Placebo

Not used

#### Assignment

Parallel

#### Other design features

### Secondary Ids

empty

### Ethics committees

#### 1

##### Ethics committee

###### Name of ethics committee

University of Social Welfare and Rehabilitation  
Sciences Ethics Committee

###### Street address

kodakyar Ave., daneshjo Blvd.,Evin

###### City

Tehran

###### Postal code

##### Approval date

2014-12-09, 1393/09/18

##### Ethics committee reference number

USWR.REC.1393.176

### Health conditions studied

#### 1

##### Description of health condition studied

Depression-Anxiety

##### ICD-10 code

F 32.0,F41

##### ICD-10 code description

Mild depression episode.Anxiety disorder unspecified

### Primary outcomes

#### 1

##### Description

Depression

##### Timepoint

Before and after intervention

##### Method of measurement

Geriatric Depression Scale

#### 2

##### Description

Anxiety

##### Timepoint

Before and after intervention

##### Method of measurement

Espielberger stste Anxiety inventory

### Secondary outcomes

empty

### Intervention groups

#### 1

##### Description

Control group: no action

##### Category

N/A

#### 2

##### Description

Intervention group: practice of short forms exercise of  
Tai Chi Chuan, Yang style, 8 weeks,3 times in week.  
45-60 minutes.

##### Category

Prevention

### Recruitment centers

#### 1

##### Recruitment center

###### Name of recruitment center

Tehran Industry Oil Retiress club

###### Full name of responsible person

###### Street address

###### City

Tehran

### Sponsors / Funding sources

#### 1

##### Sponsor

###### Name of organization / entity

University of Social Welfare and Rehabilitation  
Sciences

###### Full name of responsible person

Zahra Khesali

**Street address**

Koodakyar Ave, Daneshjoo Blv, Evin

**City**

Tehran

**Grant name****Grant code / Reference number****Is the source of funding the same sponsor organization/entity?**

Yes

**Title of funding source**

University of Social Welfare and Rehabilitation 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**

University of Social Welfare and Rehabilitation Science

**Full name of responsible person**

Hamid reza Khankeh

**Position**

PhD in nursing-Postdoctorial Disaster.Assistant Professor

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**Web page address****Person responsible for scientific inquiries****Contact****Name of organization / entity**

University of Social Welfare and Rehabilitation Science

**Full name of responsible person**

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**Web page address****Person responsible for updating data****Contact****Name of organization / entity**

University of Social Welfare and Rehabilitation Science

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MSc. Student in Geriatric Nursing

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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*