

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

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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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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