Clinical Trial Protocol
Iranian Registry of Clinical Trials

07 Nov 2026

Clinical trial of the effect of Pilates exercise on the happiness of elderly women over 60 years old

Protocol summary

Summary

The aim of this study is to investigate the effect of Pilates exercise on the happiness of elderly women referring to Rafsanjan Health Center. This study will be done as a Randomized Clinical Trial. The studies population are women aged over 60 years old. After completing the demographic information, the happiness status of the person will be measured using the Oxford Happiness Questionnaire (OHQ) completed by the researcher. According to the score of the OHQ, 56 people who had a low to moderate happiness score (score less than 44) were selected and randomly divided in two intervention and control groups (28 per group). The inclusion criteria's are women age over 60 years old, ability to do daily routines, lack of motor-psychological disorders and do not have drug addiction. Elderly who does not attend more than three sessions in the exercise will be excluded. The study intervention is Pilates Stoke exercise that conducted for 8 weeks, 3 sessions in a week. Duration of each session will be 1 hour. The exercise will be done in the morning under the supervision of experienced coach. Each training session includes three stages, including warming up, Pilate's exercises and a return to initial stage. The control group does not receive any intervention. The outcome is the status of women's happiness.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2017091422320N7**
Registration date: **2017-11-05, 1396/08/14**
Registration timing: **registered_while_recruiting**

Last update:
Update count: **0**

Registration date

2017-11-05, 1396/08/14

Registrant information

Name
Tayebeh Mirzaei
Name of organization / entity
Rafsanjan University of Medical Sciences
Country
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Recruitment status

Recruitment complete

Funding source

Rafsanjan University of Medical Sciences

Expected recruitment start date

2017-08-23, 1396/06/01

Expected recruitment end date

2018-01-21, 1396/11/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Clinical trial of the effect of Pilates exercise on the happiness of elderly women over 60 years old

Public title

Evaluate the effect of Pilates exercises on the happiness of women's' elderly over 60 years referred to Health Center

Purpose

Supportive

Inclusion/Exclusion criteria

Entry criteria: Female gender; Age over 60 years; Ability

to perform daily routines; Do not have motor-psychiatric disorders; Do not have drug addiction Exit criteria: Not attending Pilates exercises more than three sessions

Age
From **60 years** old

Gender
Female

Phase
N/A

Groups that have been masked
No information

Sample size
Target sample size: **54**

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
Rafsanjan University of Medical Sciences

Street address
Rafsanjan

City
Rafsanjan

Postal code

Approval date
2017-08-20, 1396/05/29

Ethics committee reference number
IR.RUMS.REC.1396.82

Health conditions studied

1

Description of health condition studied
Unhappiness

ICD-10 code
R45.2

ICD-10 code description
Unhappiness

Primary outcomes

1

Description
Happiness of women's' elderly

Timepoint
For 8 weeks and 3 sessions per week for one hour at the morning

Method of measurement
Oxford Happiness Inventory

Secondary outcomes

empty

Intervention groups

1

Description
Intervention group: The study intervention is Pilates Stoke exercise that conducted for 8 weeks, 3 sessions in a week. Duration of each session will be 1 hour.The exercise will be done in the morning under the supervision of experienced coach. Each training session includes three stages of warming up, pilate's exercises and a return to initial stage

Category
Lifestyle

2

Description
Control group: There is not any intervention in the control group

Category
Treatment - Drugs

Recruitment centers

1

Recruitment center

Name of recruitment center
Health Center No. 1 in Rafsanjan city

Full name of responsible person

Street address

City
Rafsanjan

Sponsors / Funding sources

1

Sponsor

Name of organization / entity
Rafsanjan University of Medical Sciences

Full name of responsible person
Dr. Tayyebeh Mirzaee

Street address
Rafsanjan Faculty of Nursing

City
Rafsanjan

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

Person responsible for scientific inquiries

Contact
Name of organization / entity
Rafsanjan University of Medical Sciences
Full name of responsible person
Tayyebeh Mirzaei
Position
Academic staff
Other areas of specialty/work
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Rafsanjan Nursing Faculty
City
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Web page address

Person responsible for updating data

Contact

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