

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

09 Jun 2026

### Effect of Tai Chi exercise on perceived stress of older women with hypertension

#### Protocol summary

##### Summary

This study is a quasi-experimental of clinical trial; reasercher among the samples who have Inclusions criteria like:primary hypertension! Lack of cognitive disorders with AMT scale! Lack of depression or anxiety disorder according to the patient or medical records! No addiction! Not use of sedative drugs! Not doing meditation methods or tai chi will start her sampling.Statistical population includes 38 elderly women with hypertension that living in elderly care center in Tehran under the supervision of Behzisty center. method of sampling is available and targeted and Samples will be divided in to controls and intervention. assign of study groups are parallel and randomization method is close packet. then demographic characteristics and perceived stress as a form of pre-test 1 hour before intervention will be completed. interventional group have 6 weeks eight form of tai chi. Exclusions criteria are Lack of cooperation or Death of elder person! Not participating in more than 3 sessions of tai chi classes! having a orthostatic hypotension! heart attacks and stroke. duration of the intervention is three sessions of 40 to 60 minutes of Tai Chi which will be done by reasercher. Perceived stress as a post-test questionnaire will be completed one day after the treatment. The control group will not receive any special intervention.

#### General information

##### Acronym

##### IRCT registration information

IRCT registration number: **IRCT2015072923408N1**  
Registration date: **2016-02-20, 1394/12/01**  
Registration timing: **retrospective**

Last update:

Update count: **0**

##### Registration date

2016-02-20, 1394/12/01

##### Registrant information

###### Name

Elnaz Talebi

###### Name of organization / entity

Iran University of Medical Sciences

###### Country

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##### Recruitment status

###### Recruitment complete

##### Funding source

Vice chancellor for research, Iran University of Medical Sciences

##### Expected recruitment start date

2015-09-23, 1394/07/01

##### Expected recruitment end date

2016-01-30, 1394/11/10

##### Actual recruitment start date

empty

##### Actual recruitment end date

empty

##### Trial completion date

empty

##### Scientific title

Effect of Tai Chi exercise on perceived stress of older women with hypertension

##### Public title

Effect of Tai Chi exercise on perceived stress of older women with hypertension

##### Purpose

Supportive

##### Inclusion/Exclusion criteria

Inclusion criteria: primary hypertension: Lack of cognitive disorders with AMT scale: Lack of depression or anxiety disorder according to the patient or medical records: No addiction: Not use of sedative drugs: Not doing meditation methods or tai chi Exclusion criteria: Lack of cooperation or Death of elder person: No participating in more than 3 sessions of tai chi classes: having a orthostatic hypotension: heart attacks and stroke.

#### **Age**

From **60 years** old

#### **Gender**

Female

#### **Phase**

2-3

#### **Groups that have been masked**

*No information*

#### **Sample size**

Target sample size: **76**

#### **Randomization (investigator's opinion)**

Randomized

#### **Randomization description**

#### **Blinding (investigator's opinion)**

Not blinded

#### **Blinding description**

#### **Placebo**

Not used

#### **Assignment**

Parallel

#### **Other design features**

randomization method is close packet.

### **Secondary Ids**

empty

### **Ethics committees**

#### **1**

##### **Ethics committee**

###### **Name of ethics committee**

Ethics committee of Iran University of Medical Sciences

###### **Street address**

Iran University of Medical Sciences, between the intersection of Chamran and Sheikh faz o lah, Hemat highway, Tehran

###### **City**

Tehran

###### **Postal code**

##### **Approval date**

2015-08-05, 1394/05/14

##### **Ethics committee reference number**

IR.IUMS.REC.1394 . 9311580007

### **Health conditions studied**

#### **1**

##### **Description of health condition studied**

hypertension

#### **ICD-10 code**

I10

#### **ICD-10 code description**

Essential (primary) hypertension

### **Primary outcomes**

#### **1**

##### **Description**

Perceived stress

##### **Timepoint**

before intervention and 6 week after intervention

##### **Method of measurement**

Questionnaire of Perceived stress

### **Secondary outcomes**

#### **1**

##### **Description**

-

##### **Timepoint**

-

##### **Method of measurement**

-

### **Intervention groups**

#### **1**

##### **Description**

Interventional group: have 6 weeks of Eight forms of Tai Chi after pre-test. Duration of intervention is three sessions of 40 to 60 minutes of Tai Chi which will be done by reasercher. Perceived stress as a post-test questionnaire will be completed one day after the treatment.

##### **Category**

Other

#### **2**

##### **Description**

control group : 38 elderly weman with hypertention that just do pre-test and do not get any intervention: after 6 weeks they will do post-test of Perceived Stress scale .

##### **Category**

Other

### **Recruitment centers**

#### **1**

##### **Recruitment center**

###### **Name of recruitment center**

Arad nursing home center

###### **Full name of responsible person**

Doctor Fariba Derakhshannia: manager

###### **Street address**

Arad nursing home center, Bazdar street, Farmaniyeh

square, Tehran

**City**  
Tehran

## Sponsors / Funding sources

1

### Sponsor

**Name of organization / entity**

Vice Chancellor for research of Iran University of Medical Sciences

**Full name of responsible person**

Doctor Morteza Naserbakht

**Street address**

Iran University of Medical Science, 5 Floors, beetwen intersection of Chamran and Sheikh faz o lah, Hemat Highway

**City**

Tehran

**Grant name**

**Grant code / Reference number**

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

Yes

**Title of funding source**

Vice Chancellor for research of Iran 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**

School of Nursing and Midwifery Iran

**Full name of responsible person**

Farideh bastani

**Position**

PHD in education and health promotion

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## Person responsible for scientific inquiries

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## Person responsible for updating data

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## 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*

