

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

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Name of organization / entity

Iran University of Medical Sciences

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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

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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
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Position
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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

