Clinical Trial Protocol
Iranian Registry of Clinical Trials

09 Nov 2026

Comparative investigating of the effect of morning and evening walking on the night sleep quality of elderly Rafsanjan 2015

Protocol summary

Summary

The aim of this study is to compare the effect of morning and evening walking on the quality of sleep of elderly people of Rafsanjan . The research population includes the old people (above 60 years) that refer to urban health centers. If these people based on the Pittsburgh Sleep Quality Index score of 5 or more will receive 5 are enrolled.The sample size is 25 in each group that is chosen based on the previous studies . Participants in this study will be based on randomly divided into two groups. The first group walking in the morning for 4 weeks, followed by a 4 week washout period will be four weeks afternoon walk. The second group at the same time, walking in the evening for 4 weeks, followed by a 4 week washout period will be four weeks morning walk. Interventions in each group will be 12 weeks. Walking program, including a 5-3 minute warm up, 30 minute walk and is a 5-3 minute cool-down.Sleep quality questionnaire will be completed before and after intervention in both groups and data will be recorded.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2016030826965N1**
Registration date: **2016-04-23, 1395/02/04**
Registration timing: **registered_while_recruiting**

Last update:
Update count: **0**

Registration date

2016-04-23, 1395/02/04

Registrant information

Name

Fateme Abdoli

Name of organization / entity

Rafsanjan University of Medical Sciences

Country

Iran (Islamic Republic of)

Phone

+98 34 3425 5900

Email address

f.abdoli@rums.ac.ir

Recruitment status

Recruitment complete

Funding source

Rafsanjan University of Medical Sciences

Expected recruitment start date

2016-04-20, 1395/02/01

Expected recruitment end date

2016-07-20, 1395/04/30

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Comparative investigating of the effect of morning and evening walking on the night sleep quality of elderly Rafsanjan 2015

Public title

Comparative investigating of the effect of morning and evening walking on the night sleep quality of elderly Rafsanjan 2015

Purpose

Other

Inclusion/Exclusion criteria

Inclusion criteria : More than 60 years old; Volunteered to participate in the study; Obtaining the Pittsburgh Sleep Quality Index score of 5 and above; Completed a written informed consent to participate in the study; Physical ability to do light exercise.Exclusion criteria: Failure to participate in two sports sessions continuously

or intermittently in 4 sessions; history of addiction; Regular exercise in months ago.

Age

From **60 years** old to **85 years** old

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **50**

Randomization (investigator's opinion)

Randomized

Randomization description

Blinding (investigator's opinion)

Not blinded

Blinding description

Placebo

Not used

Assignment

Crossover

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Rafsanjan University of Medical Sciences

Street address

Emam Ali Street, Organization Center of Rafsanajn University of Medical Sciences, Rafsanjan, Iran. Rafsanjan Kerman

City

Rafsanjan

Postal code

7718796755

Approval date

2016-01-19, 1394/10/29

Ethics committee reference number

IR.IR.RUMS.REC.1394.185

Health conditions studied

1

Description of health condition studied

sleep disorders

ICD-10 code

G47.9

ICD-10 code description

Sleep disorder, unspecified

Primary outcomes

1

Description

night sleep quality

Timepoint

before and after first and second intervention

Method of measurement

Pittsburgh Sleep Quality Index

Secondary outcomes

empty

Intervention groups

1

Description

Group A :first for 4 weeks hiking in the morning, and after a 4-week washout period will be 4 weeks afternoon walk.

Category

Lifestyle

2

Description

Group B:At the same time first for 4 hiking in the afternoon, and after a 4-weeks washout period will be 4 weeks morning walk.

Category

Lifestyle

Recruitment centers

1

Recruitment center

Name of recruitment center

Urban health centers

Full name of responsible person

Esmat Taleghani

Street address

Gomhori Street, Nursing and Midwifery School, Rafsanjan, Iran Rafsanjan

City

Rafsanjan

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Rafsanjan University of Medical Sciences

Full name of responsible person

Mohammad Reza Mirzaee

Street address

Emam Ali Street, Organization Center of Rafsanajn University of Medical Sciences, Rafsanjan, Iran.

Rafsanjan Kerman

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

Name of organization / entity

Rafsanjan University of Medical Sciences

Full name of responsible person

Fateme Abdoli

Position

MS/Faculty Member

Other areas of specialty/work

Street address

Gomhori Street, Nursing and Midwifery School, Rafsanjan, Iran Rafsanjan

City

Rafsanjan

Postal code

Phone

+98 34 3425 5900

Fax

Email

abdoli_f@yahoo.com/f.abdoli@rums.ac.ir

Web page address

Person responsible for scientific inquiries

Contact

Name of organization / entity

Rafsanjan University of Medical Sciences

Full name of responsible person

Fateme Abdoli

Position

MS

Other areas of specialty/work

Street address

Jomhori Street, Nursing and Midwifery School, Rafsanjan

City

Rafsanjan

Postal code

Phone

+98 34 3425 5900

Fax

Email

abdoli_f@yahoo.com/f.abdoli@rums.ac.ir

Web page address

Person responsible for updating data

Contact

Name of organization / entity

Rafsanjan University of Medical Sciences

Full name of responsible person

Fateme Abdoli

Position

Ms/faculty member

Other areas of specialty/work

Street address

Jomhori Street, Nursing and Midwifery School, Rafsanjan, Iran Rafsanjan

City

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Postal code

Phone

+98 34 3425 5900

Fax

Email

abdoli_f@yahoo.com/f.abdoli@rums.ac.ir

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