

Clinical Trial Protocol

Iranian Registry of Clinical Trials

17 Sep 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
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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
Data Dictionary
 empty