

Clinical Trial Protocol

Iranian Registry of Clinical Trials

29 Jun 2026

Evaluation of the effect of simple balance exercise on falling prevention in elderly women

Protocol summary

Summary

The aim of present study is to investigate the simple balancing exercises' effects on increasing the balance ability and decreasing falls among the elderly women. The study was a randomized controlled clinical trial (RCT). For this purpose, 60 elderly people were randomly divided into two 30-member intervention and control groups in Razi psychiatric hospital. Inclusion criteria: all patients with chronic schizophrenia, age range between 60-84 years and consuming mild psychotic drugs (none of the participants of invasive procedures such as shock therapy, fixed and do not use). For all patients, demographic data including age, marital status, length of stay, height, weight, BMI, education, the family background of the disease, history of falls, smoking, cause of admission, etc. were extracted. Before beginning the study, "Timed up and go" test was completed for each patient. The patients in intervention group were trained about simple balance exercises by an occupational therapist via 30-minutes sessions, three times a week for 12 weeks. The control group did not receive any special treatments throughout the study. At the end of the study, all patients were assessed again by Time Up and go test. Primary outcomes in this study were the velocity of sitting down and standing up.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2016041827448N1**
Registration date: **2016-07-15, 1395/04/25**
Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2016-07-15, 1395/04/25

Registrant information

Name

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Name of organization / entity

Qazvin Univercity Of Sciences Medical

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Recruitment status

Recruitment complete

Funding source

Vice chancellor for research, Qazvin University of Medical Sciences

Expected recruitment start date

2016-01-08, 1394/10/18

Expected recruitment end date

2016-03-17, 1394/12/27

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Evaluation of the effect of simple balance exercise on falling prevention in elderly women

Public title

The effect of simple balance exercise on falling prevention

Purpose

Prevention

Inclusion/Exclusion criteria

Inclusion criteria: women aged 60-84 years diagnosed with chronic schizophrenia hospitalized in the Razi Psychiatric Hospital; Permanent treatment with

antipsychotic medication; Ability to move without help and absence of physical illness; written consent.
Exclusion criteria: being absent for more than three sessions; physical illness; death.

Age

From **60 years** old to **84 years** old

Gender

Female

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **60**

Randomization (investigator's opinion)

Randomized

Randomization description

Blinding (investigator's opinion)

Not blinded

Blinding description

Placebo

Not used

Assignment

Parallel

Other design features

accident numerics chart

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Ethics Committee of Qazvin University of Medical Sciences

Street address

The next Justice, Bahonar street, Qazvin

City

Qazvin

Postal code

Approval date

2016-11-13, 1395/08/23

Ethics committee reference number

IR.QUMS.REC.1394.197

Health conditions studied

1

Description of health condition studied

fall

ICD-10 code

R29.6

ICD-10 code description

Tendency to fall, not elsewhere classified

Primary outcomes

1

Description

Primary outcome: Sitting down and standing up speed

Timepoint

Before and one week after intervention

Method of measurement

up to go criterion

Secondary outcomes

empty

Intervention groups

1

Description

Intervention groups: Education of simple balance training for patients will be held up. Educational sessions will be ran as 30-minute sessions, three times a week up to 12 weeks.

Category

Prevention

2

Description

Control group: we do not do for them anything

Category

Other

Recruitment centers

1

Recruitment center

Name of recruitment center

Razi Psychiatric Center, Tehran University of Social Welfare

Full name of responsible person

Dr.Azam Soleymani

Street address

Shahid Rastegary street, Amin abad ,Rey

City

Tehran

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Vice Chancellor for research of Qazvin University of Medical Sciences

Full name of responsible person

Dr.Fateme Mohammadi

Street address

Next Court of Law, Bahonar street ,Qazvin

City

Qazvin
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 Qazvin 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

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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
Data Dictionary
empty