

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

05 Aug 2026

### A Comparison of the Effect of Strength Exercise with Elastic Band and Common Exercise on Geriatric Morale

#### Protocol summary

##### Summary

**Objectives:** The aim of this study was to investigate the effect of strength exercise with elastic band on geriatric morale. **Design:** This study was a randomized clinical trial with two groups (experimental and control), pre and post-test design, and not-blinded. **Setting and conduct:** This study was conducted on 70 elder who referred to Adviehchi and Bafti health Center of Mashhad that were randomly divided into two groups (n = 35). **Participants:** Inclusion criteria: Over 60 years old. Exclusion criteria: Withdraw from the study for any reason. **Intervention:** in experimental group was conducted exercise for 6 weeks (2 sessions per week) and elders in control group were continued to usual activities. The main outcome variables in this study included: geriatric morale that in both groups was assessed before the intervention and the end of sixth week with Philadelphia Geriatric Center Morale Scale.

#### General information

##### Acronym

##### IRCT registration information

IRCT registration number: **IRCT2017031227741N2**

Registration date: **2017-04-07, 1396/01/18**

Registration timing: **retrospective**

Last update:

Update count: **0**

##### Registration date

2017-04-07, 1396/01/18

##### Registrant information

###### Name

Sedigheh Arta

###### Name of organization / entity

Mashhad University of Medical Sciences

###### Country

Iran (Islamic Republic of)

###### Phone

+98 32566747

###### Email address

artas1@mums.ac.ir

##### Recruitment status

###### Recruitment complete

##### Funding source

Vice chancellor for research, Mashhad University of Medical Sciences

##### Expected recruitment start date

2016-10-01, 1395/07/10

##### Expected recruitment end date

2016-12-15, 1395/09/25

##### Actual recruitment start date

empty

##### Actual recruitment end date

empty

##### Trial completion date

empty

##### Scientific title

A Comparison of the Effect of Strength Exercise with Elastic Band and Common Exercise on Geriatric Morale

##### Public title

The Effect of Exercise on Geriatric Morale

##### Purpose

Prevention

##### Inclusion/Exclusion criteria

Inclusion criteria: Willingness to participate in the study; Over 60 years old. Exclusion criteria: Withdraw from the study for any reason.

##### Age

From **60 years** old to **80 years** old

##### Gender

Both

##### Phase

2-3

## Groups that have been masked

No information

## Sample size

Target sample size: 70

## Randomization (investigator's opinion)

Randomized

## Randomization description

## Blinding (investigator's opinion)

Not blinded

## Blinding description

## Placebo

Not used

## Assignment

Parallel

## Other design features

The elders divided to intervention and control group with simple randomization method (lottery).

## Secondary Ids

empty

## Ethics committees

### 1

#### Ethics committee

##### Name of ethics committee

Ethics committee of Mashhad University of Medical Sciences

##### Street address

Mashhad University of Medical Sciences, Vice chancellor for research, Ghoraisky Building, University St

##### City

Mashhad

##### Postal code

#### Approval date

2016-03-09, 1394/12/19

#### Ethics committee reference number

IR.MUMS.REC.94.356

## Health conditions studied

### 1

#### Description of health condition studied

Morale

#### ICD-10 code

-

#### ICD-10 code description

-

## Primary outcomes

### 1

#### Description

Morale

#### Timepoint

Before the intervention and the end of sixth week

#### Method of measurement

Philadelphia Geriatric Center Morale Scale

## Secondary outcomes

empty

## Intervention groups

### 1

#### Description

Intervention group: in intervention group, exercise was conducted for 6 weeks (2 sessions per week) in the coliseum.

#### Category

Prevention

### 2

#### Description

Control group: in control group, elders were continued to usual activities.

#### Category

Prevention

## Recruitment centers

### 1

#### Recruitment center

##### Name of recruitment center

Adviehchi Health Center

##### Full name of responsible person

Elham Rezaee

##### Street address

Elder Department, Daneshamouz Health Center, Ebne Sina St, Imam Reza Square, Mashhad

##### City

Mashhad

### 2

#### Recruitment center

##### Name of recruitment center

Bafti Health Center

##### Full name of responsible person

Nahid Ebrahimi

##### Street address

Elder Department, Emamat Health Center, Ayatollah Bahjat St, Mashhad

##### City

Mashhad

## Sponsors / Funding sources

### 1

#### Sponsor

##### Name of organization / entity

Mashhad University of Medical Sciences, Vice chancellor for research

##### Full name of responsible person

Mohsen Tafaghodi

**Street address**

Vice chancellor for research, Mashhad University of  
Medical Sciences

**City**

Mashhad

**Grant name**

**Grant code / Reference number**

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

Yes

**Title of funding source**

Mashhad University of Medical Sciences, Vice chancellor  
for research

**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

**Full name of responsible person**

Fatemeh Pourtaghi

**Position**

Master of Science Student in Gerontology

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**Full name of responsible person**

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**Fax**

**Email**

Pourtaghif1@mums.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*