

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

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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

Data Dictionary

empty