

Clinical Trial Protocol

Iranian Registry of Clinical Trials

09 Jul 2026

Compare the effect of progressive muscle relaxation with gentle walking on life expectancy and general self efficacy of elderly living in rest-home of yasuj city

Protocol summary

Summary

Objective: compare the effect of progressive muscle relaxation with gentle walking on elderly living in rest-home on life expectancy and general self-efficacy. Study population: elderly living in rest-home of Yasuj city, Iran. Inclusion and exclusion criteria: earn points less than 57 in self-efficacy questionnaire Scherrer is the main inclusion criterion and main exclusion criterion is lack of motivation to continue. Sample size: 15 people in progressive muscle relaxation group (Group 1) and 15 people in gentle walking group (Group 2) with random allocation. Intervention: group 1 progressive muscular relaxation was done base on existence protocol available for the elderly and will be asked them to first contract and then relax every single muscle from face to foot. The researcher attended the 12 sessions over 4 weeks (3 sessions per week) is carried out and in group 2 gentle walking base on existence protocol available in the 30 minutes which contains 5 to 10 minutes pre-exercising with proper motions for the elderly, a quiet 15-minute walk and 5 minute post-exercising direction is under the supervision of a trained nurse. The steps to 8 weeks (3 sessions per week) are carried out. Primary outcome variables: life expectancy, general self-efficacy.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2016061328433N1**

Registration date: **2016-07-22, 1395/05/01**

Registration timing: **registered_while_recruiting**

Last update:

Update count: **0**

Registration date

2016-07-22, 1395/05/01

Registrant information

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Name of organization / entity

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Recruitment status

Recruitment complete

Funding source

Vice chancellor for research, Yasuj University of Medical Sciences

Expected recruitment start date

2016-07-22, 1395/05/01

Expected recruitment end date

2016-09-10, 1395/06/20

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Compare the effect of progressive muscle relaxation with gentle walking on life expectancy and general self efficacy of elderly living in rest-home of yasuj city

Public title

Compare the effect of progressive muscle relaxation with gentle walking on elderly living in rest-home on life expectancy and general self efficacy

Purpose

Supportive

Inclusion/Exclusion criteria

Inclusion criteria: age between 60-75 years old; staying at least 6 consecutive months in Yasuj city elderly home; earn points less than 57 in Scherrer self-efficacy questionnaire; having limited mobility; lack of acute illness and chronic physical and mental disability known (blindness, deafness and cognitive disorders); not addicted; having full consciousness. Exclusion criteria: lack of motivation to continue to cooperate; having the effect of exercise; excessive fatigue; migration; death.

Age

From **60 years** old to **75 years** old

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **30**

Randomization (investigator's opinion)

Randomized

Randomization description

Blinding (investigator's opinion)

Not blinded

Blinding description

Placebo

Not used

Assignment

Parallel

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Yasuj University of Medical Sciences

Street address

Motahari martyr BLVD, Yasuj University of Medical Science, office of research and technology Yasuj,Iran

City

Yasuj

Postal code

Approval date

2016-05-28, 1395/03/08

Ethics committee reference number

IR.YUMS.REC.1395.46

Health conditions studied

1

Description of health condition studied

elderly living in rest-home

ICD-10 code

ICD-10 code description

Primary outcomes

1

Description

General Self-Efficacy

Timepoint

Before the intervention, immediately after intervention and two months after the completion of follow-up

Method of measurement

Sherer General Self-Efficacy Questionnaire

2

Description

Life expectancy

Timepoint

Before the intervention, immediately after intervention and two months after the completion of follow-up

Method of measurement

Life Expectancy Schneider Questionnaire

Secondary outcomes

empty

Intervention groups

1

Description

Group 1: progressive muscular relaxation was done base on existence protocol availabl

Category

Rehabilitation

2

Description

Group 2 : gentle walking base on existence protocol available

Category

Rehabilitation

Recruitment centers

1

Recruitment center

Name of recruitment center

Care Center for the Elderly Men

Full name of responsible person

Street address

City

Yasuj

2

Recruitment center

Name of recruitment center
Care center for the Elderly Women
Full name of responsible person
Street address
City
Yasuj

Sponsors / Funding sources

1

Sponsor

Name of organization / entity
Office of research, Yasuj University of Medical Science
Full name of responsible person
Dr. Mehdi Akbar Tabar
Street address
Yasuj University of Medical Science, Shahid Motahari
blvd.ology Yasuj,Iran
City
Yasuj

Grant name

Grant code / Reference number

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

Yes

Title of funding source

Office of research, Yasuj University of Medical Science

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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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