Clinical Trial Protocol
Iranian Registry of Clinical Trials

18 Sep 2026

The effect of" Tai chi chuan "exercise on balance and fear of falling among community dwelling older adults

Protocol summary

Summary

This is a randomized clinical study. The research community, are elderly persons who are members of “JAHAN DIDEGAN association” in 6th Area of Tehran during 1395-1396.For doing that, at first, researcher will refer to mentioned association to invite members for cooperation. Researcher will choose 60 persons who are qualified among volunteers. Qualification factors are age between 60-80years, not history and lack of acute or chronic debilitating diseases, Psychotic or mental illness, problems that lead to ban exercise such as history of Arthroplasty surgery in the lower limbs, fracture, severe deformity in organs, hard arthritis, mental problems, balance disorders and finally catching score in body balance tests. The first evaluation in this research will achievable by using tools before randomized allocation. At the end of first evaluation, participants according to quad random block will divide into 2 groups, control and intervention. Intervention participants under the supervision of coach and researcher will participate in Tai Chi Chuan exercise program during 8 weeks and 2 sessions per week in 45 min. at the end of 16 sessions again research tools will be completed by elderly members of both groups.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2016121931465N1**
Registration date: **2017-01-23, 1395/11/04**
Registration timing: **registered_while_recruiting**

Last update:
Update count: **0**

Registration date

2017-01-23, 1395/11/04

Registrant information

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Tehran University of Medical Science
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Recruitment status

Recruitment complete

Funding source
Tehran University of Medical Sciences

Expected recruitment start date

2016-12-30, 1395/10/10

Expected recruitment end date

2017-02-28, 1395/12/10

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effect of" Tai chi chuan "exercise on balance and fear of falling among community dwelling older adults

Public title

Tai chi chuan effect on balance and fear of falling

Purpose

Prevention

Inclusion/Exclusion criteria

Inclusion criteria:Age 60 to 80 years; Not history of acute or chronic debilitating disease; Not history of psychotic or mental illness; Lack of problems that lead to ban exercise such as history of artroplastic surgery of the lower limbs, having a history of fracture, despite severe

deformity in the lower limbs, which prevents the exercise or disease that physical activity is forbidden for them; Not having joint problems such as arthritis and severe arthritis; Lack of cognitive problems and earn higher scores of 24, based on mini mental status examination; There are balance disorders based on earn scores on diagnostic tests balance. Exclusion criteria: During the study, the risk of an acute illness which is prevents the exercise; Lack of interest in continuing to participate in research; Participate in sports activities that are considered similar exercise

Age
From **59 years** old to **80 years** old

Gender
Both

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

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee
Faculty of Nursing and Midwifery

Street address
Faculty of Nursing and Midwifery, Eastern Nosrat, Tohid Square, Tehran

City
Tehran

Postal code
1419733171

Approval date
2016-07-18, 1395/04/28

Ethics committee reference number
IR.TUMS.FNM.REC.1395.323

Health conditions studied

1

Description of health condition studied
Fall

ICD-10 code
R26.2

ICD-10 code description
Tendency to fall because of old age or other unclear health problems

Primary outcomes

1

Description
Balance

Timepoint
Before intervention and after intervention

Method of measurement
Tinetti Scale- Timed Get up and Go test

2

Description
Fear of Fall

Timepoint
Before intervention and after intervention

Method of measurement
Fall Efficacy Scale

Secondary outcomes

empty

Intervention groups

1

Description
Intervention Group: Tai chi chuan exercise, 8 weeks, twice a week, Each session is 45 minutes

Category
Prevention

2

Description
Control Group: No Action

Category
Prevention

Recruitment centers

1

Recruitment center

Name of recruitment center
Police Retirement Center

Full name of responsible person
Elham Navab

Street address
Faculty of Nursing and Midwifery, Eastern Nosrat, Tohid Square, Tehran, Iran

City
Tehran

Sponsors / Funding sources

1

Sponsor
Name of organization / entity
Tehran University of Medical Sciences, Vice Chancellor of Research
Full name of responsible person
Dr.Akbar Fotouhi
Street address
Departmant of Epidemiology and Biostatistics, School of Public Health, Tehran University of Medical Sciences
City
Tehran
Grant name
Grant code / Reference number
Is the source of funding the same sponsor organization/entity?
Yes
Title of funding source
Tehran University of Medical Sciences, Vice Chancellor of 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

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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