

Clinical Trial Protocol

Iranian Registry of Clinical Trials

29 Jul 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 DIDEKAN 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 60-80 years, 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 be 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

Name

Lida Hosseini

Name of organization / entity

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 arthroplastic 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

Department 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

Contact**Name of organization / entity**

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Full name of responsible person

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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