

Clinical Trial Protocol

Iranian Registry of Clinical Trials

14 Jul 2026

Effect of Pilates exercise on fear of falling and activity of daily living in elderly females aged 60 to 80

Protocol summary

Summary

The aim of this study is to determine the effect of Pilates exercise on fear of falling and activity of daily living among elderly females. The design of the study is a controlled randomized trial. A total of 44 females, from among 120 women aged 60-80, who have been a member of day care ward In Kahrizak Nursing Home, and having a medical certificate are selected. Then they are also randomly (with table randomized numbers) assigned to one experimental group and one control group. Experimental group receives both Pilates exercises (8 weeks, 3 times a week) and Basic training offered by Nursing Home under the supervision of coach. Control group, on the other hand, receives Basic training offered by Nursing Home only. In the case of unwillingness, less than 80% participation in training sessions and doing any other type of regular or structured exercises, participants will be excluded from the study. Data will be gathered by demographic, fall efficacy scale-international and activity of daily living in elderly questionnaires whose reliability and validity have already been reported.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2017010431767N1**

Registration date: **2017-02-13, 1395/11/25**

Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2017-02-13, 1395/11/25

Registrant information

Name

Mahsa Badiei

Name of organization / entity

University of Social Welfare and Rehabilitation Sciences

Country

Iran (Islamic Republic of)

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Recruitment status

Recruitment complete

Funding source

University of Social Welfare and Rehabilitation Sciences

Expected recruitment start date

2016-08-27, 1395/06/06

Expected recruitment end date

2016-08-31, 1395/06/10

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Effect of Pilates exercise on fear of falling and activity of daily living in elderly females aged 60 to 80

Public title

Effect of Pilates exercise on fear of falling and activity of daily living

Purpose

Other

Inclusion/Exclusion criteria

Inclusion criteria: 60 to 80 year-old females; Accepting to participate 8-week Pilates training sessions; Having a medical certificate proving participants' ability to do exercises; No history of hospitalization for at least 3 months ago Exclusion criteria: Unwillingness to cooperate after the start of study; Less than 80%

participation in training sessions; Using mobility aids;
Any physical disorder preventing the continuation of
exercise program; No participation in any other type of
regular or structured exercises program except Basic
training offered by Nursing Home

Age

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

Gender

Female

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **44**

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

University of Social Welfare and Rehabilitation
Sciences

Street address

Koodakyar Ave, Daneshjo Blvd, Evin

City

Tehran

Postal code

1985713834

Approval date

2016-05-18, 1395/02/29

Ethics committee reference number

IR.USWR.REC.1395.352

Health conditions studied

1

Description of health condition studied

fear of falling

ICD-10 code

ICD-10 code description

2

Description of health condition studied

activity of daily living

ICD-10 code

ICD-10 code description

3

Description of health condition studied

ageing

ICD-10 code

R54

ICD-10 code description

Old age without mention of psychosis

Primary outcomes

1

Description

fear of falling

Timepoint

Before intervention and after intervention (after 8 weeks
of intervention)

Method of measurement

Falls Efficacy Scale-International

2

Description

activity of daily living

Timepoint

Before intervention and after intervention (after 8 weeks
of intervention)

Method of measurement

activities of daily living scale for elderly

Secondary outcomes

empty

Intervention groups

1

Description

Experimental group receives classical Pilates method on
mats. The intervention will last 8 weeks, 3 times a week
and 1 hour every session under the coach supervision.
Exercises have been drawn from Perez (2005). Pilates
exercises are divided into 3 sections: warp-up exercises,
main Pilates exercises, and cool-down exercises.

Category

Other

2

Description

Control group, continue Basic training offered by Nursing
Home only(3 times a week).

Category

Other

Recruitment centers

1

Recruitment center

Name of recruitment center

Kahrizak Charity Foundation

Full name of responsible person

Dr.Roodgar Reza

Street address

Golestanak Blvd

City

Mohammadshahr

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

University of Social Welfare and Rehabilitation Sciences

Full name of responsible person

Dr.Hamidreza Khankeh

Street address

Kodakyar Ave, Daneshjo Blvd, Evin

City

Tehran

Grant name

Grant code / Reference number

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

Yes

Title of funding source

University of Social Welfare and Rehabilitation Sciences

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

University of Social Welfare and Rehabilitation Sciences tehran

Full name of responsible person

Mahsa Badiei

Position

Masters

Other areas of specialty/work

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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