Clinical Trial Protocol
Iranian Registry of Clinical Trials

04 Nov 2026

Effectiveness of team physical games on cognitive function (memory, attention, concentration) of elderly people in day care center

Protocol summary

Summary

(1) Determining the Effect of Team Physical Games on the Performance of Cognitive in the Elderly of the Day Care Center (2) Non-randomized (3) Step 1: Pre-test by filling out the Wechsler questionnaire and quality of life questionnaire for seniors. Step 2: The first session of the sports game for the elderly of the Health Center will be explained. Then, twice a week, with the presence of the program instructor, these exercises will implement. The intervention will take place in 12 sessions of 75-90 minutes over a 6-week period. Each session consists of three parts: 1. Initially 10-15 minutes for warming 2.Performing sports exercises at stations for 60-45 minutes 3. Performing stretching exercises or slow walking to cool the body for 10 minutes. Step 3: Perform post-test of the questionnaires after intervention. (450 people of the two day care centers;"Hamrah Salamat" of Babol city and "Javidan" in Amol city. Major entry criteria: AMTS score ≥ 6; ADL score above 10; age range 60 to 85 years Major exclusion criteria: Unwillingness of the elderly to participate; involvement of underlying diseases with a medical condition; severe visual and hearing impairments; absence (more than 2 sessions) (5) Performing physical group games in the center's courtyard space (6) Improvement of cognitive function (attention, concentration and short-term memory) of elderly people by physical games in day care centers; Providing and ofering a package of "physical games for the elderly" to nursing care centers; motivating and dynamic in the elderly by providing physical group games.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2017072535278N1**
Registration date: **2017-10-11, 1396/07/19**
Registration timing: **registered_while_recruiting**
Last update:
Update count: **0**

Registration date

2017-10-11, 1396/07/19

Registrant information

Name
Samaneh Pourhadi
Name of organization / entity
Babol University of Medical Sciences
Country
Iran (Islamic Republic of)
Phone
+98 11 3219 0560
Email address
s.pourhadi@mubabol.ac.ir

Recruitment status

Recruitment complete

Funding source

Vice chancellor Babol University of Medical Sciences

Expected recruitment start date

2017-08-23, 1396/06/01

Expected recruitment end date

2017-12-21, 1396/09/30

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Effectiveness of team physical games on cognitive function (memory, attention, concentration) of elderly people in day care center

Public title

Effectiveness of team physical games on cognitive function

Purpose

Prevention

Inclusion/Exclusion criteria

Inclusion main criteria: AMTS score of 6 or more ; ADL over 10 ; age range: from 60 to 85 years Exclusion main criteria: Unwillingness of the elderly to participate; involvement of underlying diseases with a medical condition; severe visual and hearing impairments; absence (more than 2 sessions)

Age

From **60 years** old to **85 years** old

Gender

Both

Phase

2-3

Groups that have been masked

No information

Sample size

Target sample size: **50**

Randomization (investigator's opinion)

Not 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

Ethics committee of Babol University of Medical Sciences

Street address

Babol University of Medical Sciences, Ganj Afrouz Avenue, Babol, Mazandaran

City

Babol

Postal code

47176-47745

Approval date

2017-06-25, 1396/04/04

Ethics committee reference number

MUBABOL.HRT.REC.1396.24

Health conditions studied

1

Description of health condition studied

Cognetive Function (Short Memory, Attention, Concentartion)

ICD-10 code

ICD-10 code description

Primary outcomes

1

Description

short memory

Timepoint

Before the intervention, After the end of the intervention

Method of measurement

Adult Wechsler memory test

Secondary outcomes

1

Description

Cognitive impairment

Timepoint

Before the intervention andafter the intervention

Method of measurement

Abbreviated mental test score (AMTS)

2

Description

Quality of Life

Timepoint

Before the intervention and the intervention

Method of measurement

SF12 questionnaire

Intervention groups

1

Description

Intervention group: Intervention (group physical games) will be held in 12 sessions of 75-90 minutes, in 6 weeks and 2 sessions per week. At each session, the first heating program will be held for 10-15 minutes at the beginning of the session. Then, they will perform sports exercises at the stations which describes for 45-60 minutes. In the end, they will have 5 to 10 minutes to cool the body.

Category

Other

2

Description

The control group has no intervention and will be in usual routine of the center.

Category

N/A

Recruitment centers

1

Recruitment center

Name of recruitment center
"Hamrah Salamat" center

Full name of responsible person
Dr. Samad Izadi, PhD in Education

Street address
No. 101, Bahar 26, West Belt, Babol.

City
Babol

2

Recruitment center

Name of recruitment center
"Javidan" Rehabilitation Center

Full name of responsible person
Ms. Khadijeh Jafarzadeh, a psychologist

Street address
NO. 2, Sarvestan 2, Azadegan 6, Azadegan Blvd, Imam Reza Street,Amol.

City
Amol

Sponsors / Funding sources

1

Sponsor

Name of organization / entity
Vice chancellor for research, Babol University of Medical Sciences

Full name of responsible person
Dr.Ali Akbar Moghadamnia

Street address
Vice chancellor for research, Babol University of Medical Sciences ,Ganj Afroz Street

City
Babol

Grant name

Grant code / Reference number

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

Title of funding source
Vice chancellor for research, Babol University of Medical 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
Babol University of Medical Sciences

Full name of responsible person
Maryam Hedayati

Position
Graduate Student of Healthy Elderly

Other areas of specialty/work

Street address
Babol University of Medical Sciences ,Ganj Afroze street

City
Babol

Postal code
4615788459

Phone
+98 11 4425 1829

Fax

Email
mhedayati52@gmail.com

Web page address

Person responsible for scientific inquiries

Contact

Name of organization / entity
Babol University of Medical Sciences

Full name of responsible person
Samaneh Pourhadi

Position
Phd.Gerontology

Other areas of specialty/work

Street address
Babol University of Medical Sciences, Ganj Afroz Street

City
Babol

Postal code
۴۷۱۷۶-۴۷۷۴۵

Phone
+98 11 3219 0560

Fax

Email
samaneh.pourhadi@gmail.com; s.pourhadi@mubabol.ac.ir

Web page address

Person responsible for updating data

Contact

Name of organization / entity
Babol University of Medical Sciences

Full name of responsible person
Maryam Hedayati

Position
Bachelor of Science in Nursing, Graduate Student, Healthy Elderly

Other areas of specialty/work

Street address
Babol University of Medical Sciences, Ganj Afroz Street

City

Babol

Postal code

۴۷۱۷۶-۴۷۷۴۵

Phone

+98 11 4425 1829

Fax

Email

mhedayati52@gmail.com

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