Clinical Trial Protocol
Iranian Registry of Clinical Trials

15 Nov 2026

Effect of training the practical methods of activities of daily living on independence and satisfaction of elderly people.

Protocol summary

Summary

Objectives: Investigation about the effect of training the practical methods of activities of daily living on independence and satisfaction of elderly people. Design: Randomized control trial research. The participants are assigned randomly into two groups of intervention (N=40) and control group (N=40). The two groups are matched for age, gender and educational level. Setting and conduct: Karaj Kahrizak Charity Foundation. Major Inclusion criteria: Elderly above 60 years; Ability to read and write in Persian Major Exclusion criteria: Affected by neurological diseases such as Stroke, Parkinson Disease, Spinal Cord Injuries, and Alzheimer; Mini Mental Status Examination (MMSE) score below than 21 Intervention: The activities of daily living are trained in intervention group by an expert occupational therapist. The treatment protocol consists of two 45-minute group training sessions. The control group receives no training. Four months later, the ability of participants are evaluated again in both groups to determine the effect of training sessions. Main outcome measures: Activities of daily living; Activity satisfaction

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2017101136709N2**
Registration date: **2017-11-15, 1396/08/24**
Registration timing: **registered_while_recruiting**

Last update:
Update count: **0**

Registration date

2017-11-15, 1396/08/24

Registrant information

Name

Mohammad Khayatzadeh Mahani

Name of organization / entity

Ahvaz Jundishapur University of Medical Sciences

Country

Iran (Islamic Republic of)

Phone

+98 613743101

Email address

mahany@ajums.ac.ir

Recruitment status

Recruitment complete

Funding source

Ahvaz Jundishapur University of Medical Sciences, Ahvaz, Iran

Expected recruitment start date

2017-10-10, 1396/07/18

Expected recruitment end date

2018-02-15, 1396/11/26

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Effect of training the practical methods of activities of daily living on independence and satisfaction of elderly people.

Public title

Effect of training the practical methods of activities of daily living on independence and satisfaction of elderly people.

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria: Elderly people above 60 years; Ability to read and write in Persian Exclusion criteria: Affected by neurological diseases or disorders such as

Stroke,Parkinson Disease, Spinal Cord Injuries, and Alzheimer; Mini Mental Status Examination (MMSE) score below than 21

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

Gender
Both

Phase
N/A

Groups that have been masked
No information

Sample size
Target sample size: **80**

Randomization (investigator's opinion)
Randomized

Randomization description

Blinding (investigator's opinion)
Single blinded

Blinding description

Placebo
Not used

Assignment
Parallel

Other design features
Randomization based on random number table

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee
Ethical Commitee of Ahvaz Jundishapur University of Medical Sciences

Street address
Deputy of Research and Technology Development, Ahvaz Jundishapur University of Medical Sciences, Ahvaz, Iran

City
Ahvaz

Postal code
6135715794

Approval date
2017-09-26, 1396/07/04

Ethics committee reference number
IR.AJUMS.REC.1396.486

Health conditions studied

1

Description of health condition studied
Elderly people

ICD-10 code
-

ICD-10 code description
-

Primary outcomes

1

Description
Activities of daily living

Timepoint
Onset of study and 4 month later

Method of measurement
Modified Barthel Index

2

Description
Performance and satisfaction

Timepoint
Onset of study and 4 month later

Method of measurement
Canadian Occupational Performance Measure(COPM)

Secondary outcomes

1

Description
Mental status

Timepoint
Before the study

Method of measurement
Mini Mental Status Examination(MMSE)

Intervention groups

1

Description
Intervention Group: The activities of daily living are trained practically to elderly people in intervention group by an expert occupational therapist through two 45-minute group sessions. The elderly people are trained in groups of 5 people in activities of daily living room. The training method is practical and oral in terms of activities such as toileting, bathing, dressing and grooming. The participants will receive the regular rehabilitation services such as physical therapy and occupational therapy.

Category
Lifestyle

2

Description
Control Group: No specific training are delivered regarding the activities of daily living. The participants will just receive the regular rehabilitation services such as physical therapy and occupational therapy.

Category
Lifestyle

Recruitment centers

1

Recruitment center

Name of recruitment center
Karaj Kahrizak Charity Foundation

Full name of responsible person
Sepideh Riahi

Street address
Isfahaniha Street, Golestanak Street, Mohammad shahr, Karaj, Iran

City
Mohammad shahr, Karaj

Sponsors / Funding sources

1

Sponsor

Name of organization / entity
Deputy of Research and Technology Development, Ahvaz Jundishapur University of Medical Sciences

Full name of responsible person
Mr Mehravar

Street address
Golestan bld, Ahvaz jundishapur university of medical sciences, ahvaz, iran

City
Ahvaz

Grant name
-

Grant code / Reference number
-

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

Title of funding source
Deputy of Research and Technology Development, Ahvaz Jundishapur 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
Musculoskeletal Rehabilitation Research Center, School of Rehabilitation Sciences,Ahvaz Jundishapur

Full name of responsible person
Mohammad Khayatzadeh Mahani

Position
PhD, Assistant Professor

Other areas of specialty/work

Street address
School of Rehabilitation Sciences,Ahvaz Jundishapur University of Medical Sciences, Ahvaz, Iran.

City
Ahvaz

Postal code
61357-33133

Phone
+98 613743501

Fax
+98 613743506

Email
mahany@ajums.ac.ir

Web page address
http://frehabilitation.ajums.ac.ir

Person responsible for scientific inquiries

Contact

Name of organization / entity
Musculoskeletal Rehabilitation Research Center, School of Rehabilitation Sciences,Ahvaz Jundishapur

Full name of responsible person
Mohammad Khayatzadeh Mahani

Position
Assistant Professor

Other areas of specialty/work

Street address
School of Rehabilitation Sciences,Ahvaz Jundishapur University of Medical Sciences, Ahvaz, Iran

City
Ahvaz

Postal code
61357-33133

Phone
+98 613743501

Fax
+98 613743506

Email
mahany@ajums.ac.ir

Web page address
http://frehabilitation.ajums.ac.ir

Person responsible for updating data

Contact

Name of organization / entity
Musculoskeletal Rehabilitation Research Center, School of Rehabilitation Sciences,Ahvaz Jundishapur

Full name of responsible person
Mohammad Khayatzadeh Mahani

Position
Assistant professor

Other areas of specialty/work

Street address
School of Rehabilitation Sciences, Ahvaz Jundishapur University of Medical Sciences, Golestan Boulvard, Ahvaz, Iran

City
Ahvaz

Postal code
61357-33133

Phone
+98 613743501
Fax
+98 613743506
Email
mahany@ajums.ac.ir
Web page address
http://frehabilitation.ajums.ac.ir

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