

Clinical Trial Protocol

Iranian Registry of Clinical Trials

16 Sep 2026

The investigation of the impact of different types of education on knowledge, attitude and practice of physical activity among older people

Protocol summary

Study aim

The investigation of the impact of different types of education on knowledge, attitude and practice of physical activity among older people

Design

this research will be conducted on 120 older adults who will randomly be divided into 1 control and 3 intervention groups. The Control group, the intervention group 1 (discussion group training), the intervention group 2 (face to face training) and the intervention group 3 (e-learning) each will include 30 members. The control group will receive no intervention. The intervention groups 1, 2, and 3, will be offered physical activity in 4 sessions by discussion group, face to face training and e-learning methods, respectively. Knowledge, attitude and behavior (physical activity) questionnaire will be completed at the beginning, one month after and 3 months after the beginning of the study for each of the for groups.

Settings and conduct

this study will be conducted on older adults referring to Khorramabad health centers. the older adults will be offered the physical activity in 4 sessions by the trainer. Knowledge, attitude and behavior (physical activity) questionnaire will be completed at the beginning, one month after and 3 months after the beginning of the study for each of the for groups.

Participants/Inclusion and exclusion criteria

inclusion criteria: 1. Age 60 years and over 2. Signed consent form for participation in the program 3. the ability to complete and answer the questions of the questionnaire 4. ability to communicate 5. No diagnosed specific mental and physical disease (self report) which prohibits physical activity 6. the ability to read and write in Persian and to use cell phone and electronic Apps such as telegram & what's up. Exclusion criteria: 1. participating in less than ¾ of training classes. 2. Suffering from a severe and acute disease during the intervention. 3. Death during the intervention. 4.

Participants who fill the questionnaire incompletely.

Intervention groups

The Control group, the intervention group 1 (discussion group training), the intervention group 2 (face to face training) and the intervention group 3 (e-learning) each will have 30 members. The control group will receive no intervention. For intervention groups 1, 2, and 3, the physical activity will be trained by the trainer in 4 sessions by discussion group, face to face training and e-learning methods, respectively. Knowledge, attitude and behavior (physical activity) questionnaire will be completed at the beginning, one month after and 3 months after the beginning of the study for each of the for groups.

Main outcome variables

1- increased knowledge 2- increased attitude 3- promoted behavior

General information

Reason for update

Acronym

education of physical activity among older people

IRCT registration information

IRCT registration number: **IRCT20171031037124N1**

Registration date: **2017-12-09, 1396/09/18**

Registration timing: **registered_while_recruiting**

Last update: **2017-12-09, 1396/09/18**

Update count: **0**

Registration date

2017-12-09, 1396/09/18

Registrant information

Name

shahab papi

Name of organization / entity

University of Social Welfare and Rehabilitation
Sciences

Country

Iran (Islamic Republic of)

Phone

+98 21 2218 0004

Email address

sh.papi@uswr.ac.ir

Recruitment status

Recruitment complete

Funding source

Deputy of Education in University of Social Welfare and Rehabilitation Sciences

Expected recruitment start date

2017-06-22, 1396/04/01

Expected recruitment end date

2018-02-20, 1396/12/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The investigation of the impact of different types of education on knowledge, attitude and practice of physical activity among older people

Public title

The investigation of the impact of different types of education on physical activity among older people

Purpose

Prevention

Inclusion/Exclusion criteria

Inclusion criteria:

Age 60 years and over the ability to complete and answer to the questions of the questionnaire ability to communicate the ability to read and write in Persian and to use cell phone and electric Apps such as telegram & what's up. Signed consent form for participation into the program

Exclusion criteria:

No diagnosed specific mental and physical disease(self report) which prohibits physical activity

Age

From **60 years** old to **139 years** old

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **120**

Randomization (investigator's opinion)

Randomized

Randomization description

For Randomization, the block randomization method will be used. In this study, 16 blocks will be designed, each block will have 8 members, In which the letters A, B, C and D will be symbols for the control, face-to-face, discussion and electronic groups respectively. The first

block will be considered as (AABBCCDD) and based on the first one, the other blocks will be designed using permutation.

Blinding (investigator's opinion)

Not blinded

Blinding description

Placebo

Not used

Assignment

Parallel

Other design features

The randomized clinical trial will done on 120 older adults who were chosen by block random sampling. The Control group, the intervention group 1 (discussion group training), the intervention group 2(face to face training) and the intervention group 3 (e- learning) each will have 30 members. The control group will receive no interventions. For intervention groups 1, 2, and 3, the physical activity will be trained by the trainer in 4 sessions by discussion group, face to face training and e-learning methods respectively. Knowledge, attitude and behavior (physical activity) questionnaire will be completed at the beginning, one month after and 3 months after the beginning of the study for each of the for groups.

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Ethics committee of University of Social Welfare and Rehabilitation Sciences

Street address

kodakyar Ave., daneshjo Blvd.,Evin

City

tehran

Province

Tehran

Postal code

1985713834

Approval date

2017-09-23, 1396/07/01

Ethics committee reference number

IR.USWR.REC.1396.129

Health conditions studied

1

Description of health condition studied

physical activity in older adults

ICD-10 code

Z72.3

ICD-10 code description

Lack of physical exercise

Primary outcomes

1

Description

knowledge

Timepoint

in the first session (before starting the intervention), immediately after the end of the intervention, and 3 months after the intervention

Method of measurement

Knowledge assessment questionnaire, which is a researcher made and has 13 questions.

2

Description

attitude

Timepoint

in the first session (before starting the intervention), immediately after the end of the intervention, and 3 months after the intervention

Method of measurement

kenyon's attitudes toward physical activities

Secondary outcomes

1

Description

behavior

Timepoint

in the first session (before starting the intervention), immediately after the end of the intervention, and 3 months after the intervention

Method of measurement

CHAMPS physical activity questionnaire

Intervention groups

1

Description

Control group: This group will have 30 members whose members will not receive any intervention during the study. A knowledge, attitude, and behavior (physical activity) questionnaire will be completed at the start of the study one month after the start of

Category

Lifestyle

2

Description

Intervention Group 1 (education of discussion group): This group will have 30 members. Physical activity training will be presented in a discussion group in 4 sessions by the trainer. A knowledge, attitude, and behavior (physical activity) questionnaire

Category

Lifestyle

3

Description

Intervention Group 2 (education of face to face group): This group will have 30 members. Physical activity training will be presented in a face to face group in 4 sessions by the trainer. A knowledge, attitude, and behavior (physical activity) questionn

Category

Lifestyle

4

Description

Intervention Group 3 (education of e-learning): This group will have 30 members. Physical activity training will be presented in a e-learning group in 4 sessions by the trainer. A knowledge, attitude, and behavior (physical activity) questionnaire will

Category

Lifestyle

Recruitment centers

1

Recruitment center

Name of recruitment center

Health Center poshteh

Full name of responsible person

Taghi Pakara

Street address

Bahram Valizadeh Alley, Ta'ib Street

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2

Recruitment center

Name of recruitment center

Health Center East Goldsht

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3

Recruitment center

Name of recruitment center

Health Center West Golardasht

Full name of responsible person

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4

Recruitment center

Name of recruitment center

Health Center qaem

Full name of responsible person

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Vice chancellor for research Deputy of Education in
University of Social Welfare and Rehabilitation

Full name of responsible person

Dr. Mohammad Reza Khodaei Ardakani

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Province

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international_affairs@uswr.ac.ir

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 Deputy of Education in
University of Social Welfare and Rehabilitation

Proportion provided by this source

100

Public or private sector

Public

Domestic or foreign origin

Domestic

Category of foreign source of funding

empty

Country of origin**Type of organization providing the funding**

Academic

Person responsible for general inquiries

Contact

Name of organization / entity

University of Social Welfare and Rehabilitation
Sciences

Full name of responsible person

shahab papi

Position

msc student of healthy aging

Latest degree

Master

Other areas of specialty/work**Street address**

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Person responsible for scientific inquiries

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Full name of responsible person

robab sahaf

Position

Associate Professor

Latest degree

Ph.D.

Other areas of specialty/work**Street address**

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Person responsible for updating data

Contact

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Full name of responsible person
shahab papi
Position
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Latest degree
Master
Other areas of specialty/work
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Sharing plan

Deidentified Individual Participant Data Set (IPD)

Undecided - It is not yet known if there will be a plan to make this available

Study Protocol

Undecided - It is not yet known if there will be a plan to make this available

Statistical Analysis Plan

Undecided - It is not yet known if there will be a plan to make this available

Informed Consent Form

Undecided - It is not yet known if there will be a plan to make this available

Clinical Study Report

Undecided - It is not yet known if there will be a plan to make this available

Analytic Code

Undecided - It is not yet known if there will be a plan to make this available

Data Dictionary

Undecided - It is not yet known if there will be a plan to make this available