

Clinical Trial Protocol

Iranian Registry of Clinical Trials

04 Aug 2026

The effect of dual-task exercises on balance, falling and Activities of Daily Living in stroke patients

Protocol summary

Study aim

A) General purpose: Determining the effect of dual task exercises on balance, fall and independence in performing Activities of Daily Living in people with stroke. B) Applied Objectives: Providing effective interventions for improving balance, falling and performing Activities of Daily Living in people with stroke.

Design

randomised, clinical trial with control group, one blinded participant, care provider, outcome assessor and data analyser, designed with 30 patients, enrolled between April 2018 and august 2018 and followed for 2 month.

Settings and conduct

Samples were selected from among patients with stroke referring to Rehabilitation Hospital in rofeideh, Tehran, from April 2018 to August 2018

Participants/Inclusion and exclusion criteria

Patients with stroke referring to rofeideh Hospital in Tehran in 1397 if they have criteria for entering the study

Intervention groups

The common rehabilitation exercises in both intervention and control groups for four weeks and six days each week, plus dual cognitive-motor exercises, will be performed in the intervention group during the same period.

Main outcome variables

Stroke, dual task exercises, balance, fall and Activities of Daily Living

General information

Reason for update

Acronym

تأثیر فعالیت های دوگانه بر تعادل

IRCT registration information

IRCT registration number: **IRCT20171105037256N4**

Registration date: **2018-05-20, 1397/02/30**

Registration timing: **prospective**

Last update: **2018-05-25, 1397/03/04**

Update count: **2**

Registration date

2018-05-20, 1397/02/30

Registrant information

Name

mojtaba kheirkhah

Name of organization / entity

University of Social Welfare and Rehabilitation Sciences

Country

Iran (Islamic Republic of)

Phone

+98 21 2218 0037

Email address

mo.kheirkhah@uswr.ac.ir

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2018-05-26, 1397/03/05

Expected recruitment end date

2018-09-27, 1397/07/05

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effect of dual-task exercises on balance, falling and Activities of Daily Living in stroke patients

Public title

The effect of dual-task exercises on balance, falling and

Activities of Daily Living in stroke patients

Purpose
Treatment

Inclusion/Exclusion criteria
Inclusion criteria:
 Diagnosis of stroke by specialist Age between 20-70 years Ability to understand and follow instructions One year from a stroke A score of more than 22 from the MMSE exam Ability to stand independently The ability to walk 3 meters No hearing impairment based on expert examination No use of any walking aid
Exclusion criteria:
 Failure to co-operate with the patient Incidence of symptoms such as seizure, stroke ... which violates the conditions for entry into the study Substance abuse and addictive drugs Any other neurological disease, such as epilepsy, Parkinson's, ... Having any orthopedic disease that causes balance problems

Age
From **20 years** old to **70 years** old

Gender
Both

Phase
N/A

Groups that have been masked

- Participant
- Care provider
- Outcome assessor

Sample size
Target sample size: **30**

Randomization (investigator's opinion)
Randomized

Randomization description
Simple randomization, individual, sealed envelope

Blinding (investigator's opinion)
Triple blinded

Blinding description
In this study, Triple blind was used in which the participant, the clinical caregiver and the outcome assessor were unaware of the allocation of patients in the control or intervention group. In this study, doctors and other health care staff referring patients Patients in the intervention or control group are unaware.

Placebo
Not used

Assignment
Parallel

Other design features

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,Tehran
City
 tehran
Province
 Tehran
Postal code
 kodakyar Ave,Daneshj
Approval date
 2017-09-25, 1396/07/03
Ethics committee reference number
 IR.USWR.REC.1396.277

Health conditions studied

1

Description of health condition studied
 stroke
ICD-10 code
 I64
ICD-10 code description
 Cerebrovascular accident NOS

Primary outcomes

1

Description
 balance
Timepoint
 Balance measurement at the beginning of the study (before the intervention), 24 days after the start and 60 days after the end of the study
Method of measurement
 berg balance scale

2

Description
 falling
Timepoint
 falling measurement at the beginning of the study (before the intervention), 24 days after the start and 60 days after the end of the study
Method of measurement
 Timed Up and Go Test

3

Description
 Activities of Daily Living
Timepoint
 Measurement of the ability to perform Activities of Daily Living at the beginning of the study (before the intervention), 24 days after the start and 60 days after the end of the study
Method of measurement
 functional independence measure

Secondary outcomes

empty

Intervention groups

1

Description

Intervention group: Common occupational therapies include muscle stretching, muscle strengthening, muscle coordination, cognitive-motor exercises

Category

Rehabilitation

2

Description

Control group: Common occupational therapies include muscle stretching, muscle strengthening, muscle coordination

Category

Rehabilitation

Recruitment centers

1

Recruitment center

Name of recruitment center

rofeideh Rehabilitation Hospital

Full name of responsible person

nazila akbarfahimi

Street address

Tehran Province, Tehran, Nemati

City

tehran

Province

Tehran

Postal code

۱۹۸۵۷۱۳۸۳۴

Phone

+98 21 2223 3017

Email

fahimi1970@yahoo.com

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

University of social welfare and rehabilitation sciences

Full name of responsible person

Amir Massoud Arab (Loodaricheh)

Street address

kodakyar Ave,Daneshjo Blvd,tehran

City

tehran

Province

Tehran

Postal code

1985713834

Phone

+98 21 2218 0039

Email

arabloo_masoud@hotmail.com

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

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

mojtaba kheirkhah

Position

researcher, student

Latest degree

Bachelor

Other areas of specialty/work

Occupational Therapy

Street address

kodakyar Ave,Daneshjo Blvd,Tehran

City

tehran

Province

Tehran

Postal code

۱۹۸۵۷۱۳۸۳۴

Phone

+98 21 2218 0037

Email

mo.kheirkhah@uswr.ac.ir

Person responsible for scientific inquiries

Contact

Name of organization / entity

University of social welfare and rehabilitation sciences

Full name of responsible person

mojtaba kheirkhah

Position

researcher, student

Latest degree

Bachelor

Other areas of specialty/work
Occupational Therapy
Street address
kodakyar Ave,Daneshjo Blvd,Tehran
City
tehran
Province
Tehran
Postal code
۱۹۸۵۷۱۳۸۳۴
Phone
+98 21 2218 0037
Email
mo.kheirkhah@uswr.ac.ir

Person responsible for updating data

Contact

Name of organization / entity
University of social welfare and rehabilitation sciences
Full name of responsible person
mojtaba kheirkhah
Position
researcher, student
Latest degree
Bachelor
Other areas of specialty/work
Occupational Therapy
Street address
depatment of occupational therapy, University of
social and welfare rehabilitation sciences kodakyar
Ave,Daneshjo Blvd,Tehran,Iran

City
tehran
Province
Tehran
Postal code
۱۹۸۵۷۱۳۸۳۴
Phone
+98 21 2218 0037
Email
mo.kheirkhah@uswr.ac.ir

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

Not applicable

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