

Clinical Trial Protocol

Iranian Registry of Clinical Trials

18 Jun 2026

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

Protocol summary

Registration timing: **prospective**

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.

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

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.

Recruitment status

Recruitment complete

Funding source

Settings and conduct

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

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

Participants/Inclusion and exclusion criteria

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

Scientific title

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

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.

Public title

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

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**

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

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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)

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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

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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

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