

Clinical Trial Protocol

Iranian Registry of Clinical Trials

17 Sep 2026

The effect of different instructions of attention focus and dual task on the static and dynamic balance of the inactive elderly

Protocol summary

Study aim

to study the effect of the internal and external attention focus instructions and the dual task on static and dynamic balance in the elderlies

Design

Among 100 elderlies residing in Salehin Nursing Home, 40 participant will be selected and allocate them to 4 groups. pre-test will be carried out to measure the static and dynamic balance of subjects .The interventions include three 1 hour sessions in three consequent days and post-test will be carried out day after the intervention.

Settings and conduct

All subject will be recruited from Salehin Nursing Home which is a 24 hours mixed sex residential for elderlies located in Golestan Blvd., Ahvaz, Iran.

Participants/Inclusion and exclusion criteria

Inclusion criteria: age 65 to 80 years, normal vision, ability to stand for at least one minute and walking distance of 10 meters independently or with a regular cane, a score higher than 24 in the MMSE. Exclusion criteria: dependent inactivities daily , having neurological, psychological and atrial disorders, cognitive impairment, drug and drug usage, and having musculoskeletal disorders

Intervention groups

Four groups: internal attention focus (IAF), external attention focus (EAF), dual- task (DT) and control. each group 10 participants.

Main outcome variables

static and dynamic balance in elderly

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20180109038280N1**

Registration date: **2018-11-05, 1397/08/14**

Registration timing: **retrospective**

Last update: **2018-11-05, 1397/08/14**

Update count: **0**

Registration date

2018-11-05, 1397/08/14

Registrant information

Name

Ali Asghar Arastoo

Name of organization / entity

Country

Iran (Islamic Republic of)

Phone

+98 61 3336 2675

Email address

draarastoo@yahoo.com

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2018-02-19, 1396/11/30

Expected recruitment end date

2018-04-20, 1397/01/31

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effect of different instructions of attention focus and dual task on the static and dynamic balance of the inactive elderly

Public title

The effect of different attention instructions on the balance of the inactive elderly

Purpose

Supportive

Inclusion/Exclusion criteria**Inclusion criteria:**

Having normal vision, Lack of brain and orthopedic damages i The ability to stand at least for one minute and walking distance of 10 meters independently or with a regular cane, The ability to follow simple commands, Earning a score higher than 24 in the MMSE exam Age of 65 to 80 years

Exclusion criteria:

Lack of autonomy in activities of daily living Having a general health problem, Having neurological, psychological and atrial disorders based on medical diagnosis Reporting, cognitive impairment Having musculoskeletal disorders

Age

From **65 years** old to **80 years** old

Gender

Male

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **40**

Randomization (investigator's opinion)

Randomized

Randomization description

From a list of 100 elderlies residing in Ahvaz Salehin Nursing Home, 40 eligible individuals willing to participate, will be recruited through simple random sampling using [/https://www.randomizer.org](https://www.randomizer.org)

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 Ahvaz Jundishapur University of Medical Sciences

Street address

AJUMS Campus, Golestan

City

Ahvaz

Province

Khouzestan

Postal code

6137515751

Approval date

2017-12-23, 1396/10/02

Ethics committee reference number

1396.741.IR.AJUMS.REC

Health conditions studied**1****Description of health condition studied**

Elderlies residential of Salehin Nursing Home of Ahvaz, Iran

ICD-10 code**ICD-10 code description****Primary outcomes****1****Description**

Static and dynamic balance of inactive elderlies

Timepoint

Pre-test, 3 days task specific training course, post-test

Method of measurement

Time duration in seconds

Secondary outcomes**1****Description**

Improve or disruption of static and dynamic balance

Timepoint

One day after training of task specific intervention course

Method of measurement

Time duration in seconds

Intervention groups**1****Description**

Intervention group 1: Internal attention focus (IAF). In the IAF group, the instruction was as follows: during static and dynamic balance, they were asked to look and focus on their legs.

Category

Rehabilitation

2**Description**

Intervention group 2: External Attention Focus (EAF). In the EAF group, they were asked to look and focus to the end of the path during dynamic balance and concentrate on that point, and during their static balance, their attention should be to the outside and at a distance of 3 meters from themselves.

Category

Rehabilitation

3

Description

Intervention group 3: Dual Task (DT). In the DT group, the instruction was such a way that during a static and dynamic balance task, a simple secondary cognitive task (counting back of a series of randomly assigned numbers) was given to them.

Category

Rehabilitation

4

Description

Control group: Comparison. In the control group, no instructions were given.

Category

N/A

Recruitment centers

1

Recruitment center

Name of recruitment center

Elderly Residential Salehin Nursing Home, Ahvaz, Iran

Full name of responsible person

Dr Ali Asghar Arastoo

Street address

Shahid Beheshti Ave (Kooye 22 Bahman), Golestan Boulevard)

City

Ahvaz

Province

Khouzestan

Postal code

61346-38185

Phone

+98 61 3339 4191

Fax

+98 21 4385 7842

Email

salehinngo@gmail.com

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Ahvaz University of Medical Sciences

Full name of responsible person

Dr Mohammad Badavi

Street address

AJUMS Campus, Golestan Blvd

City

Ahvaz

Province

Khouzestan

Postal code

6137515751

Phone

+98 61 3336 1984

Email

research@ajums.ac.ir

Grant name

Grant code / Reference number

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

Yes

Title of funding source

Ahvaz University of Medical 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

Ahvaz University of Medical Sciences

Full name of responsible person

Ali Aghar Arastoo

Position

Associate Professor

Latest degree

Ph.D.

Other areas of specialty/work

Physiotherapy

Street address

AJUMS Campus, Golestan Blvd

City

Ahvaz

Province

Khouzestan

Postal code

6137515751

Phone

+98 61 3336 2675

Email

aaarastoo@ajums.ac.ir

Person responsible for scientific inquiries

Contact

Name of organization / entity

Ahvaz University of Medical Sciences

Full name of responsible person

Dr Ali Asghar Arastoo

Position

Associate professor

Latest degree

Ph.D.

Other areas of specialty/work

Physiotherapy

Street address

AJUMS Campus, Golestan, Blvd

City

ahvaz

Province

Khouzestan

Postal code

6137515751

Phone

+98 63 3373 8296

Email

draarastoo@yahoo.com

Email

sajadparsaei@gmail.com

Sharing plan**Deidentified Individual Participant Data Set (IPD)**

Yes - There is a plan to make this available

Study Protocol

Yes - There is a plan to make this available

Statistical Analysis Plan

Yes - There is 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

Yes - There is a plan to make this available

Analytic Code

Yes - There is a plan to make this available

Data Dictionary

Yes - There is a plan to make this available

Title and more details about the data/document

data related to the main outcome

When the data will become available and for how long

9 months after publication of the manuscript

To whom data/document is available

All the people interested to the field of elderly

Under which criteria data/document could be used

Statistical analysis and scientific, clinical and rehabilitation utilization

From where data/document is obtainable

Corresponding member

What processes are involved for a request to access data/document

Up to a duration of time that I have access to computer of data file. i.e. not to be in a journey

Comments**Person responsible for updating data****Contact****Name of organization / entity**

Ahvaz University of Shaid Chamran

Full name of responsible person

Sajad Parsaei

Position

Staff

Latest degree

Master

Other areas of specialty/work

Physical Education

Street address

No 3, Kooche haftom, kheirabad Blvd

City

Fasa

Province

Fars

Postal code

74661-53551

Phone

+98 715433931