

Clinical Trial Protocol

Iranian Registry of Clinical Trials

17 Sep 2026

The Effect of Equilibrium Exercises on the Effectiveness of Fear of Falling and Preventing Crashes in the Elderly

Protocol summary

Study aim

The aim of this study was to investigate the The Effect of Equilibrium Exercise on the Effectiveness of Fear of Falling and Preventing Crashes in the Elderly 60-75 Years Old Woman in Lenjan City

Design

From the four health centers of Zarrin Shahr, the names of the two health centers are selected in lottery and used to extract the intervention samples using the electronic health record software, and from the remaining two remaining health centers are used to extract the control group. The number of samples in each group was 35.

Settings and conduct

The goal of the study is to investigate elderly women referring to health centers in Zarrinshahr, who are afraid of falling while taking care of the modern health services of the elderly. Then, the target population was randomly divided into two groups of test and control groups (lotteries of health centers names).

Participants/Inclusion and exclusion criteria

Women ages 60 to 75; Individual Satisfaction and Marital Satisfaction; Certified physician to participate in the exercise program; Self-report fear of falling during care; Inability to perform Equilibrium exercises under medical supervision; Unwillingness to participate in the study; Absence of more than 1 session during Equilibrium exercises; Participation in exercise sessions outside intervention program; Hospitalization due to acute illness or injury; People with diabetes; People with depression

Intervention groups

Intervention group: This group receives a batch of physical exercises called Equilibrium exercises for 8 weeks each week for 2 sessions and each session for 1 hour (totaling 16 hours) under the supervision of a sports expert. Control group: This group, without knowledge of the intervention, intervenes in their normal care and life at the health center and does not exercise any activity

Main outcome variables

Effectiveness of Fear of Falling and Falling (fall down)

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20180216038754N1**

Registration date: **2018-04-05, 1397/01/16**

Registration timing: **registered_while_recruiting**

Last update: **2018-04-05, 1397/01/16**

Update count: **0**

Registration date

2018-04-05, 1397/01/16

Registrant information

Name

Raheleh Soleymani

Name of organization / entity

Country

Iran (Islamic Republic of)

Phone

+98 31 5262 6525

Email address

lenjan-health@mui.ac.ir

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2018-04-03, 1397/01/14

Expected recruitment end date

2018-05-04, 1397/02/14

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The Effect of Equilibrium Exercises on the Effectiveness of Fear of Falling and Preventing Crashes in the Elderly		Ethics Committee of Isfahan University of Medical Sciences	
Public title	Falling in older adults	Street address	International Bureau, Isfahan University of Medical Sciences, P.O. Box 319, Hezar-Jerib Ave., Isfahan, IR Iran
Purpose	Supportive	City	Isfahan
Inclusion/Exclusion criteria		Province	Isfahan
Inclusion criteria:	Women ages 60 to 75 Individual Satisfaction and Marital Satisfaction Certified physician to participate in the exercise program Self-report fear of falling during care	Postal code	8174673461
Exclusion criteria:	Inability to perform Equilibrium exercises under medical supervision Unwillingness to participate in the study Absence of more than 1 session during Equilibrium exercises Participation in exercise sessions outside intervention program Hospitalization due to acute illness or injury People with diabetes People with depression	Approval date	2017-12-31, 1396/10/10
Age	From 60 years old to 75 years old	Ethics committee reference number	IR.MUI.REC.1396.1.152
Gender	Female	Health conditions studied	
Phase	N/A	<u>1</u>	
Groups that have been masked	No information	Description of health condition studied	
Sample size	Target sample size: 35	Fear of falling	
Randomization (investigator's opinion)	Randomized	ICD-10 code	
Randomization description	From the four health centers of Zarrin Shahr, the names of the two health centers are selected in lottery and used to extract the intervention samples using the electronic health record software, and from the remaining two remaining health centers are used to extract the control group. By referring to the health centers, the elderly healthcare electronic health records are reviewed first, then the elderly who questioned whether they are afraid of falling? Positive answers are listed, then they are Simple randomization selected from the list of odd's numbers and, if satisfied, are enrolled in the study.	40.9	
Blinding (investigator's opinion)	Not blinded	ICD-10 code description	
Blinding description		Phobic anxiety disorder, unspecified	
Placebo	Not used	<u>2</u>	
Assignment	Parallel	Description of health condition studied	
Other design features		Fall down	
Secondary Ids	empty	ICD-10 code	
Ethics committees		W00-W19	
<u>1</u>		ICD-10 code description	
Ethics committee		Fall on same level from slipping, tripping and stumbling	
Name of ethics committee		Primary outcomes	
		<u>1</u>	
		Description	
		Effectiveness of fear of falling	
		Timepoint	
		Before the intervention, one month after the intervention, three months after the intervention	
		Method of measurement	
		Efficiency Scale Questionnaire for Elderly	
		Secondary outcomes	
		<u>1</u>	
		Description	
		Fall down	
		Timepoint	
		Before the intervention, one year after the intervention	
		Method of measurement	
		Care Questionnaire of fall and imbalances	

Intervention groups

1

Description

Intervention group: This group receives a batch of physical exercises called Equilibrium exercises for 8 weeks each week for 2 sessions and each session for 1 hour (totaling 16 hours) under the supervision of a sports expert.

Category

Rehabilitation

2

Description

Control group: This group, without knowledge of the intervention, intervenes in their normal care and life at the health center and does not exercise any activity.

Category

Lifestyle

Recruitment centers

1

Recruitment center

Name of recruitment center

Health centers in Lenjan city

Full name of responsible person

Rahele Soleimani

Street address

Family Health Unit, Health Center in Lenjan, Shariati St., Zarin Shahr

City

Zarin Shar

Province

Isfahan

Postal code

8471754749

Phone

+98 31 5223 2545

Email

lenjan-health@mui.ac.ir

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Esfahan University of Medical Sciences

Full name of responsible person

Dr. Amir Mohammad Armanian

Street address

No. 4, Hezargarib st, Isfahan University of Medical Sciences

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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

Esfahan 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

Esfahan University of Medical Sciences

Full name of responsible person

Raheleh Soleymani

Position

Health Family Health Network Expert

Latest degree

Master

Other areas of specialty/work

Health Promotion

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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

No - There is not 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