

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

29 Jun 2026

### Effects of Wii Fit training on balance, confidence and quality of life on elderly population

#### Protocol summary

##### Study aim

Elderly population is expected to have balance problems and are at risk of fall. The study will assess the level of balance problems in elderly and effects of Wii Fit balance training on these subjects.

##### Design

A concealed, randomized, double blinded trial with 90 participants enrolled July and August 2018.

##### Settings and conduct

Study will be conducted at Physical Therapy department of Kulsum International hospital, Islamabad Pakistan. Participants and outcome assessor will be blinded in the study.

##### Participants/Inclusion and exclusion criteria

Vitally stable, physically independent subjects with age 60 years and above without any systemic, neurological or orthopedic disorders.

##### Intervention groups

Participants will receive Wii Fit training for 30 minutes three times a week for 8 weeks.

##### Main outcome variables

Activity balance confidence, Berg balance scale, Timed up and go, Fukuda, Euro 5D, 5L

#### General information

##### Reason for update

##### Acronym

##### IRCT registration information

IRCT registration number: **IRCT20180417039344N1**  
Registration date: **2018-07-20, 1397/04/29**  
Registration timing: **prospective**

Last update: **2018-07-20, 1397/04/29**

Update count: **0**

##### Registration date

2018-07-20, 1397/04/29

#### Registrant information

##### Name

Kiran Khushnood

##### Name of organization / entity

Shifa Tameer-e-Millat University

##### Country

Pakistan

##### Phone

+92 51 8441750

##### Email address

kiran\_dpt.ahs@stmu.edu.pk

#### Recruitment status

##### Recruitment complete

#### Funding source

##### Expected recruitment start date

2018-07-31, 1397/05/09

##### Expected recruitment end date

2018-08-30, 1397/06/08

##### Actual recruitment start date

empty

##### Actual recruitment end date

empty

##### Trial completion date

empty

#### Scientific title

Effects of Wii Fit training on balance, confidence and quality of life on elderly population

#### Public title

Wii Fit training in elderly population

#### Purpose

Health service research

#### Inclusion/Exclusion criteria

##### Inclusion criteria:

Physically independent individuals above 60 years of age without any serious systemic pathology or recent injury  
Vitally stable

##### Exclusion criteria:

Subjects with any type of neurological or orthopedic

disorder

### Age

From **60 years** old

### Gender

Both

### Phase

1

### Groups that have been masked

- Participant
- Outcome assessor

### Sample size

Target sample size: **90**

More than 1 sample in each individual

Number of samples in each individual: **2**

Before and after provision of intervention in both groups

Actual sample size reached: **83**

More than 1 sample in each individual

Actual sample size in each individual: **2**

Before and after application of intervention

### Randomization (investigator's opinion)

Randomized

### Randomization description

Randomization will be by sealed envelop. Concealed allocation

### Blinding (investigator's opinion)

Double blinded

### Blinding description

Participants of both control and experimental group as well as the person who will assess the outcomes before and after application of intervention.

### Placebo

Not used

### Assignment

Other

### Other design features

## Secondary Ids

empty

## Ethics committees

### 1

#### Ethics committee

##### Name of ethics committee

Ethical Committee, Kulsum International Hospital,  
Islamabad

##### Street address

2020 Kulsum Plaza

##### City

Islamabad

##### Postal code

44000

##### Approval date

2018-07-14, 1397/04/23

##### Ethics committee reference number

KIH-EC-PT-002

## Health conditions studied

### 1

#### Description of health condition studied

Elderly population

#### ICD-10 code

geriatrics

#### ICD-10 code description

Elderly population

## Primary outcomes

### 1

#### Description

Balance

#### Timepoint

Before intervention and after 8 weeks post intervention

#### Method of measurement

Berg balance scale, Timed up and go test, Fukuda scales will be used for balance assessment

### 2

#### Description

Confidence level

#### Timepoint

before and post 8 weeks of intervention

#### Method of measurement

Activity balance confidence scale

### 3

#### Description

Quality of life

#### Timepoint

before and post 8 weeks of intervention

#### Method of measurement

Euro 5D-5L

## Secondary outcomes

empty

## Intervention groups

### 1

#### Description

Intervention group: Wii Fit balance training

#### Category

Rehabilitation

### 2

#### Description

Control group: Balance training exercises including tandem walking, one leg stance, side ways walking, walking with alternative arm raise

#### Category

Rehabilitation

## Recruitment centers

1

### Recruitment center

**Name of recruitment center**

Physical therapy department, Kulsum International hospital

**Full name of responsible person**

Riafat Mehmood

**Street address**

2020 Kulsum Plaza

**City**

Islamabad

**Postal code**

44000

**Phone**

+92 51 8446666

**Email**

kirankhushnood@yahoo.com

## Sponsors / Funding sources

1

### Sponsor

**Name of organization / entity**

Self

**Full name of responsible person**

Kiran Khushnood

**Street address**

House 40A, Street 39B, I-9/4

**City**

Islamabad

**Postal code**

44000

**Phone**

+92 51 8464215

**Email**

kirankhushnood@yahoo.com

**Grant name****Grant code / Reference number****Is the source of funding the same sponsor organization/entity?**

Yes

**Title of funding source**

Self

**Proportion provided by this source**

100

**Public or private sector**

Private

**Domestic or foreign origin**

Domestic

**Category of foreign source of funding**

empty

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

Persons

## Person responsible for general inquiries

### Contact

**Name of organization / entity**

Shifa Tammer-e-Millat University, Islamabad

**Full name of responsible person**

Kiran Khushnood

**Position**

Lecturer

**Latest degree**

Master

**Other areas of specialty/work**

Physiotherapy

**Street address**

Jafar Khan Jamali road

**City**

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44000

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kirankhushnood@yahoo.com

## Person responsible for scientific inquiries

### Contact

**Name of organization / entity**

Shifa Tameer-r-Millat university, Islamabad

**Full name of responsible person**

Kiran Khushnood

**Position**

Lecturer

**Latest degree**

Master

**Other areas of specialty/work**

Physiotherapy

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## Person responsible for updating data

### Contact

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## 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**

Yes - There is a plan to make this available

**Clinical Study Report**

Not applicable

**Analytic Code**

Not applicable

**Data Dictionary**

Not applicable

**Title and more details about the data/document**

Wii Fit training in elderly population; data regarding outcome measures will be shared.

**When the data will become available and for how long**

After completion to one year post completion

**To whom data/document is available**

for research and clinical purposes to healthcare professional working in academic and clinical settings

**Under which criteria data/document could be used**

Data will be provided to health care professionals specially physical therapists

**From where data/document is obtainable**

From email Id; kirankhushnood@yahoo.com

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

by sending an email to email to kirankhushnood@yahoo.com

**Comments**