

Clinical Trial Protocol

Iranian Registry of Clinical Trials

06 Jul 2026

Effect of Tai chi exercise on physical activity and the rate of fall of elderly women

Protocol summary

Study aim

Main: Determining Taichi's effect on physical performance and the rate of fall of elderly women. Subsection: Determining and comparing the balance, walking speed, strength of the limb, physical performance, and the rate of fall of elderly women before and after the intervention in the test and control group

Design

Community Based and Practical Clinical Trial, with Parallel, Randomized Groups

Settings and conduct

Lahijan city, 24 weekly sessions per test group

Participants/Inclusion and exclusion criteria

Entrance: Female aged 60 to 74, willingness to attend, speak Persian, read and write. Absence of psychological disorder based on the short-term AMT criteria, lack of experience in Tai Chi Sports exercises in the past 12 months, the ability to perform daily life activities, a history of at least one fall during the last year, and a score of 7 and above of a screening tool that crashed, did not have Disobedience to exercise, lack of vision and hearing. Outcome: Unwillingness to continue to participate in research. Admission to the hospital during the study, reduced ability to complete the exercise program with the statement of the elderly, lack of regular attendance in Tai Chi exercises (4 consecutive sessions)

Intervention groups

The effect of Tai Chi exercise on the test group; the control group was not tested

Main outcome variables

Non-pharmacological interventions from nurses to the elderly to stimulate more elderly people to improve their quality of life. In the macro planning in the region, there is a solution for improving the health of the elderly care centers. Primary messages: Strengthening the muscles of the organs and improving balance control; Secondary outcomes: Preventing and reducing the fall, increasing the quality of life, reducing dependence on daily living

activities, increasing Safety, reducing the risk of bone fractures, reducing hospitalization and treatment costs

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20180426039425N1**

Registration date: **2018-08-11, 1397/05/20**

Registration timing: **registered_while_recruiting**

Last update: **2018-08-11, 1397/05/20**

Update count: **0**

Registration date

2018-08-11, 1397/05/20

Registrant information

Name

smat nourbakhsh

Name of organization / entity

Country

Iran (Islamic Republic of)

Phone

+98 13 4242 7149

Email address

s.nourbakhsh@mubabol.ac.ir

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2018-06-21, 1397/03/31

Expected recruitment end date

2018-08-22, 1397/05/31

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Effect of Tai chi exercise on physical activity and the rate of fall of elderly women

Public title

Effect of Taichi's exercise on physical performance and fall rates

Purpose

Prevention

Inclusion/Exclusion criteria

Inclusion criteria:

Elderly women aged 60 to 74 years Desire to participate in research Spoken in farsi Have reading and writing skills Lack of psychosocial disorder. Accordingly, the ten-point ten-line AMT will be used for the arrival of the elderly who are studying at grade 7 and above. Not having a history of Tai Chi Sports exercises in 12 months Ability to do daily life activities (using the daily life activities tool and score 12 points higher Having a history of at least one fall during a recent year and a score of 7, the highest of the fall screening tool Not having a medical bar to exercise Not having vision and hearing problems (to the extent that there is no problem in the relationship) Not having vision and hearing problems (to the extent that there is no problem)

Exclusion criteria:

Unwillingness to continue to participate in research Hospital admission during study Decreasing the ability to complete an exercise program with the elderly saying Regular absenteeism in Tai Chi practice (4 consecutive sessions)

Age

From **60 years** old to **74 years** old

Gender

Female

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **60**

Randomization (investigator's opinion)

Randomized

Randomization description

In this research, the samples were first selected by sampling method, taking into account input criteria. Then, after group matching with the underlying variables, the samples are randomly divided into two groups of test and control. So that the names of 60 people are numbered, then by random assignment, the number of couples (30 people) in the control group and the individual numbers (30) will be in the test group.

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

پژوهشکده سلامت دانشگاه علوم پزشکی و خدمات درمانی بابل

Street address

Babol University of Medical Sciences, Babol University of Medical Sciences, Babol, Iran

City

babol

Province

Mazandaran

Postal code

47745-47176

Approval date

2018-03-02, 1396/12/11

Ethics committee reference number

MUBABOL.HRI.REC.1396.231

Health conditions studied

1

Description of health condition studied

fall

ICD-10 code

ICD-10 code description

Primary outcomes

1

Description

Physical performance

Timepoint

Before intervention and after intervention

Method of measurement

Short Physical Performance Battery

2

Description

Fall rate

Timepoint

Before intervention and at the end of week 4, end of week 8 and end of week 12 intervention

Method of measurement

Self-report checklist for falling occurrences

Secondary outcomes

empty

Intervention groups

1

Description

Intervention group: doing Tai Chi Yuan exercise twelve weeks, twice a week, 24 sessions, 60 minutes per session, women aged 60 to 74, elderly with a history of falling over the past year according to entry criteria.

Category

Prevention

2

Description

Control group: No action

Category

Prevention

Recruitment centers

1

Recruitment center

Name of recruitment center

مراکز بهداشت شهری لاهیجان

Full name of responsible person

عصمت نوربخش

Street address

ایران، گیلان، لاهیجان، مراکز بهداشت شهری لاهیجان

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Province

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4414973936

Phone

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Email

smatnourbakhsh42@gmail.com

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Babol University of Medical Sciences

Full name of responsible person

دکتر رضا قدیمی

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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

Babol 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

Babol University of Medical Sciences

Full name of responsible person

Smat Nourbakhsh

Position

Senior Nursing Student Seniority

Latest degree

Bachelor

Other areas of specialty/work

Nursery

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Person responsible for scientific inquiries

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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

Undecided - It is not yet known if there will be a plan to make this available

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

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

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Full name of responsible person

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Position

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