

Clinical Trial Protocol

Iranian Registry of Clinical Trials

17 Jun 2026

The effect of corrective exercises on improving the quality of life in the elderly

Protocol summary

Study aim

The effect of a six-week training program with corrective exercises on improving the health status and quality of life of the elderly

Design

This study is a randomized controlled trial with pretest-posttest designs. The subjects will be selected based on simple random sampling and randomly assigned to two intervention (15 people) and control (15 people) groups.

Settings and conduct

The pre-test session will be held one week before the start of the training program. Subjects will complete a quality of life questionnaire and the status of the foot, static balance, body composition, abnormalities, muscle strength and maximal oxygen consumption of them will be examined. Based on the pre-test results, the designed health booklet will be given to anyone. After the 6-week training period, the post-test will be conducted and the results will be compared with the pre-test to determine the effect of the intervention on the health status and quality of life of the elderly.

Participants/Inclusion and exclusion criteria

1) age range of 60 to 75 years; 2) residence in Tehran; and possibility to visit Firoozgar Hospital in Tehran at the time and place specified by the center; 3) ability to perform physical activity; 4) lack of drug use; 5) lack of Dementia, 6) the absence of neurological, respiratory, metabolic and musculoskeletal disorders, 7) the absence of chronic unstable diseases, such as diabetes and malignancies, 8) the absence of severe congenital defects, 9) lack of serious visual or auditory disorders

Intervention groups

The training program including corrective exercises, balance, aerobic and resistance training

Main outcome variables

Health Promotion and improving the quality of life of the elderly

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20190306042945N1**

Registration date: **2019-04-12, 1398/01/23**

Registration timing: **registered_while_recruiting**

Last update: **2019-04-12, 1398/01/23**

Update count: **0**

Registration date

2019-04-12, 1398/01/23

Registrant information

Name

Bijan Forogh

Name of organization / entity

Country

Iran (Islamic Republic of)

Phone

+98 21 8214 1612

Email address

forogh.b@iums.ac.ir

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2019-03-12, 1397/12/21

Expected recruitment end date

2020-04-09, 1399/01/21

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effect of corrective exercises on improving the quality of life in the elderly

Public title

The effect of corrective exercises on improving the quality of life in the elderly

Purpose

Supportive

Inclusion/Exclusion criteria

Inclusion criteria:

Being in the age range of 60 to 75 years. Accommodation in Tehran and the possibility to visit the Firoozgar Hospital in Tehran in the date and time specified by the Center. Ability to perform physical activity

Exclusion criteria:

Drug use Dementia The presence of neurological, respiratory, metabolic and musculoskeletal disorders chronic unstable diseases such as diabetes and malignancies Severe congenital defects Serious visual or auditory disorder

Age

From **60 years** old to **75 years** old

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **30**

Randomization (investigator's opinion)

Randomized

Randomization description

Simple randomization using random number table Unit of Randomization: Individual

Blinding (investigator's opinion)

Not blinded

Blinding description

Placebo

Not used

Assignment

Single

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Iran University of Medical Sciences

Street address

Next to the Milad tower, Hemmat highway

City

Tehran

Province

Tehran

Postal code

۱۴۹۶۱۴۵۳۵

Approval date

2018-10-28, 1397/08/06

Ethics committee reference number

IR.IUMS.REC.1397.420

Health conditions studied

1

Description of health condition studied

Physical disability in elderly

ICD-10 code

Z86.5

ICD-10 code description

Personal history of mental and behavioral disorders

Primary outcomes

1

Description

Change in the individual's score in quality of life questionnaire

Timepoint

At the beginning of the study and after the completion of the six-month training program

Method of measurement

Quality of life questionnaire

Secondary outcomes

empty

Intervention groups

1

Description

Intervention group: The training program including corrective exercises, balance aerobic and resistance training

Category

Rehabilitation

Recruitment centers

1

Recruitment center

Name of recruitment center

Firoozgar Hospital

Full name of responsible person

Bijan Forogh

Street address

Beh Afarin St., Karim Khan St., Valiasr Square

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity
Iran University of Medical Sciences
Full name of responsible person
Kazem Malakouti
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PR@iums.ac.ir
Grant name
Grant code / Reference number
Is the source of funding the same sponsor organization/entity?
Yes
Title of funding source
Iran 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
Iran University of Medical Sciences
Full name of responsible person
Bijan Forogh
Position
Professor
Latest degree
Specialist
Other areas of specialty/work
Physical Medicine
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Person responsible for updating data

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Fax**Email**

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

No - There is not a plan to make this available

Justification/reason for indecision/not sharing IPD

No more information is available.

Study Protocol

No - There is not 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