

# 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

###### City

Tehran

###### Province

Tehran

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forogh.b@iums.ac.ir

## Sponsors / Funding sources

### 1

#### Sponsor

**Name of organization / entity**  
Iran University of Medical Sciences  
**Full name of responsible person**  
Kazem Malakouti  
**Street address**  
Shahid Hemmat Highway  
**City**  
Tehran  
**Province**  
Tehran  
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+98 21 86701  
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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  
**Street address**  
Firoozgar Hospital, Behafarin Avenue, 1617763141,

## Person responsible for scientific inquiries

#### Contact

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Iran University of Medical Sciences  
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## Person responsible for updating data

#### Contact

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**Postal code**

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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