Clinical Trial Protocol
Iranian Registry of Clinical Trials

09 Nov 2026

Determining the Effect of the Pelvic Floor Muscles Training, Bladder Exercises, and Lifestyle Modification on the Urinary Incontinence in Elderly Men

Protocol summary

Study aim
Determine the effect of behavioral interventions program on urinary incontinence in the elderly in Urmia
Design
quasi-experimental type with the design of before and after intervention
Settings and conduct
A Quasi-Experimental Study on Elderly Men in Urmia Elderly Centers
Participants/Inclusion and exclusion criteria
Elderly men with with acute urinary incontinence
Intervention groups
The intervention included pelvic floor and bladder exercises and lifestyle modification training, individually.
Main outcome variables
The frequency of urinary leakage

General information

Reason for update
Acronym
IRCT registration information
IRCT registration number: **IRCT20180808040742N2**
Registration date: **2019-10-28, 1398/08/06**
Registration timing: **retrospective**

Last update: **2019-10-28, 1398/08/06**
Update count: **0**
Registration date
2019-10-28, 1398/08/06

Registrant information
Name
Yaser Moradi
Name of organization / entity
Country
Iran (Islamic Republic of)
Phone
+98 44 3336 7978
Email address
y.moradi@edu.umsha.ac.ir

Recruitment status
Recruitment complete
Funding source

Expected recruitment start date
2017-07-12, 1396/04/21
Expected recruitment end date
2017-10-05, 1396/07/13
Actual recruitment start date
2017-08-06, 1396/05/15
Actual recruitment end date
2017-11-16, 1396/08/25
Trial completion date
2018-05-01, 1397/02/11

Scientific title
Determining the Effect of the Pelvic Floor Muscles Training, Bladder Exercises, and Lifestyle Modification on the Urinary Incontinence in Elderly Men

Public title
The effect of behavioral interventions program on urinary incontinence in the elderly
Purpose
Supportive
Inclusion/Exclusion criteria
Inclusion criteria:
Elderly men with urinary incontinence who their disease certainly was diagnosed by a physician. Not using the urinary catheter They had the cognitive ability to receive the training. They had the possibility of mobility and going to the toilet alone or needed the least help.
Exclusion criteria:
Age
From **60 years** old to **80 years** old

Gender
Male

Phase
N/A
Groups that have been masked
No information
Sample size
Target sample size: **30**
Actual sample size reached: **30**
Randomization (investigator's opinion)
N/A
Randomization description
Blinding (investigator's opinion)
Not blinded
Blinding description
Placebo
Not used
Assignment
Single
Other design features
Quasi-experimental type with the design of before and after intervention

Secondary Ids

empty

Ethics committees

1

Ethics committee
Name of ethics committee
The Ethics Committee of Urmia University of Medical
Street address
Resalat Boulevard,Vice-chancellor for research of Urmia University of Medical Sciences
City
Urmia
Province
West Azarbaijan
Postal code
5714783734
Approval date
2017-04-21, 1396/02/01
Ethics committee reference number
IR.UMSU.REC.1391.31

Health conditions studied

1

Description of health condition studied
Urinary Incontinence
ICD-10 code
ICD-10 code description

Primary outcomes

1

Description
The frequency of urinary leakage
Timepoint
At the beginning of the study and after its completion
Method of measurement
The standard ICIQ-SF questionnaire

Secondary outcomes

1

Description
Urinary leakage rate
Timepoint
At the beginning of the study and after its completion
Method of measurement
The standard ICIQ-SF questionnaire

Intervention groups

1

Description
Intervention group: The intervention included pelvic floor and bladder exercises and lifestyle modification training, individually.
Category
Behavior

Recruitment centers

1

Recruitment center
Name of recruitment center
مراکز سالمندان شهر ارومیه
Full name of responsible person
Yaser Moradi
Street address
Farhangh street, first 16 meters, P20
City
Urmia
Province
West Azarbaijan
Postal code
9842563214
Phone
+98 44 3336 7978
Email
yasermoradi1045@yahoo.com

Sponsors / Funding sources

1

Sponsor
Name of organization / entity
Oroumia University of Medical Sciences
Full name of responsible person
Vice-chancellor for research

Street address
Vice chancellor for research, Urmia University of Medical Sciences, Resalat Boulevard, Urmia, Iran
City
Urmia
Province
West Azarbaijan
Postal code
9842563214
Phone
+98 44 3336 7978
Email
yasermoradi1045@yahoo.com

Grant name

Grant code / Reference number

Is the source of funding the same sponsor organization/entity?
Yes

Title of funding source
Oroumia 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
Oroumia University of Medical Sciences
Full name of responsible person
Yaser Moradi
Position
Assistant Professor
Latest degree
Ph.D.
Other areas of specialty/work
Nursery
Street address
Farhangh street, first 16 meters, P20
City
Urmia
Province
West Azarbaijan
Postal code
9842563214
Phone
+98 44 3336 7978
Email
yasermoradi1045@yahoo.com

Person responsible for scientific inquiries

Contact

Name of organization / entity
Oroumia University of Medical Sciences
Full name of responsible person
Yaser Moradi
Position
Assistant Professor
Latest degree
Ph.D.
Other areas of specialty/work
Nursery
Street address
Farhangh street, first 16 meters, P20
City
urmia
Province
West Azarbaijan
Postal code
9842563214
Phone
+98 44 3336 7978
Email
yasermoradi1045@yahoo.com

Person responsible for updating data

Contact

Name of organization / entity
Oroumia University of Medical Sciences
Full name of responsible person
Yaser Moradi
Position
Assistant Professor
Latest degree
Ph.D.
Other areas of specialty/work
Nursery
Street address
Farhangh street, first 16 meters, P20
City
Urmia
Province
West Azarbaijan
Postal code
9842563214
Phone
+98 44 3339 7978
Email
yasermoradi1045@yahoo.com

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

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