

Clinical Trial Protocol

Iranian Registry of Clinical Trials

17 Jun 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

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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 addressResalat 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

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Farhangh street, first 16 meters, P20

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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

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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

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

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**Person responsible for scientific
inquiries****Contact****Name of organization / entity**

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

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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

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