Clinical Trial Protocol
Iranian Registry of Clinical Trials

19 Sep 2026

Assessment The effect of religious education on physical activity on elderlies in1389

Protocol summary

Summary

The purpose of this study is to compare the mean of physical activity after religious education with routine education (without religious content) on elderly people. Study type is semi-experimental(field trial). Sampling method is simple random sampling and subjects were recruited from elderly people in Isfahan national retirement club. Sample size in each group was 70 (accounting for possible losses). Main inclusion criteria included being above 60 years and be in Shiite sect. Main Exclusion criteria included showing signs of any diseases (verified by a physician) that interferes with their attendance at the training sessions. Written consent is taken from all of the Participants. A questionnaire that is derived from CSM-PASE will be used to assess physical activity. Validity and reliability of this designed questionnaire has been evaluated during a pilot study in some of the elderly by three experts in the field. Subjects will be randomly allocated into two groups of control and intervention. They are informed of the time and venue for the training sessions by phone (separate for each group). Educational intervention includes two training sessions for each group two weeks apart. To reduce the possibility of contamination, training sessions were conducted in separate venues and a week apart in the intervention and control groups. In each training session at first information will be collected by interviewers who are unaware of the intervention in the study. Each session will last 30 minutes and includes routine education discussed by physician in the form of a lecture. In the intervention group, in addition to the routine education above, religious education which lasts about 30 minutes will be discussed by an expert person in the form of another lecture or a group discussion. The Post-test is taken from the two groups four weeks after the second session.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT201009224798N1**
Registration date: **2010-11-26, 1389/09/05**
Registration timing: **retrospective**

Last update:
Update count: **0**

Registration date

2010-11-26, 1389/09/05

Registrant information

Name
Ramin Asgarian
Name of organization / entity
Commmunity medicine department, School of medicine, Isfahan university of medical sciences
Country
Iran (Islamic Republic of)
Phone
+98 31 1792 2542
Email address
r_asgarian@resident.mui.ac.ir

Recruitment status

Recruitment complete

Funding source

Vice Chancellor for Research, Isfahan university of medical sciences

Expected recruitment start date

2010-10-02, 1389/07/10

Expected recruitment end date

2010-11-21, 1389/08/30

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title
Assessment The effect of religious education on physical activity on elderlies in1389

Public title
The effect of religious education on physical activity on elderlies
Purpose
Prevention
Inclusion/Exclusion criteria
Inclusion criteria: 1- Age above 60 2 – Willingness to participate in the study 3- Being Shiite 4- lack of any diseases or a serious disorder that prevents the participants from doing routine physical activity or participating in training sessions (verified by a physician) 5- Having no regular contact or daily conversations with those that have already been recruited in the study (this is to avoid contamination). Exclusion criteria:1- Showing signs of diseases that stops the person from participating in the training sessions or prevent him from doing minimum physical activity after the training sessions (verified by a physician) 2- Missing at least one of the training sessions for any reason
Age
From **60 years** old
Gender
Both

Phase
N/A
Groups that have been masked
No information
Sample size
Target sample size: **140**
Randomization (investigator's opinion)
Randomized
Randomization description
Blinding (investigator's opinion)
Single blinded
Blinding description
Placebo
Not used
Assignment
Parallel
Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee
Name of ethics committee
Isfahan university of medical sciences , School of medicine, Community medicine department
Street address
community medicine department , School of medicine, Isfahan university of medical sciences, Hezarjerib street
City
Isfahan
Postal code
Approval date
empty
Ethics committee reference number
128/12107/پ

Health conditions studied

1

Description of health condition studied
inactivity
ICD-10 code
-
ICD-10 code description
-

Primary outcomes

1

Description
physical activity
Timepoint
before first intervention and after 4 weeks of second intervention
Method of measurement
A questionnaire that has been derived from CSM-PASE

Secondary outcomes

empty

Intervention groups

1

Description
Control group: had two training sessions. In each session, the physician discused the benefits of doing exercise. He also explaind how to overcome obstacles and some of the general principles related in physical activity and sports. This training session was in the form of a lecture and lasts 30 minutes
Category
Lifestyle

2

Description
Intervention group: This group also had two training sessions. In each session, in addition to the routine 30 minutes training, an religious expert made a speech about religious education (The words of religious characters and cultural personalities about the importance of doing physical activity and sport, and doing other activities that leads to body movement indirectly will be recited). This training session diuration was about 20 minutes and that was in the form of lecture

and group discussion

Category

Lifestyle

Recruitment centers

1

Recruitment center

Name of recruitment center

Isfahan national retirement club

Full name of responsible person

Ramin Asgarian

Street address

Community medicine department, School of medicine, Isfahan university of medical sciences, Hezarjerib street

City

Isfahan

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Vice-chancellor for Research of Isfahan university of medical sciences

Full name of responsible person

Dr Reza Eshaghi

Street address

Community medicine department, School of medicine, Isfahan university of medical sciences, Hezarjerib street

City

Isfahan

Grant name

Grant code / Reference number

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

Yes

Title of funding source

Vice-chancellor for Research of Isfahan university of medical sciences

Proportion provided by this source

100

Public or private sector

empty

Domestic or foreign origin

empty

Category of foreign source of funding

empty

Country of origin

Type of organization providing the funding

empty

Person responsible for general inquiries

Contact

Name of organization / entity

Community medicine department, School of medicine, Isfahan university of medical sciences

Full name of responsible person

Ramin Asgarian

Position

Community medicine specialty assistant

Other areas of specialty/work

Street address

Community medicine department, School of medicine, Isfahan university of medical sciences, Hezarjerib street

City

Isfahan

Postal code

Phone

+98 31 1792 2542

Fax

+98 31 1792 2542

Email

r_asgarian@resident.mui.ac.ir

Web page address

Person responsible for scientific inquiries

Contact

Name of organization / entity

Community medicine department, School of medicine, Isfahan university of medical sciences

Full name of responsible person

Ramin Asgarian

Position

Community medicine specialty assistant

Other areas of specialty/work

Street address

Community medicine department, School of medicine, Isfahan university of medical sciences, Hezarjerib street

City

Isfahan

Postal code

Phone

+98 31 1792 2542

Fax

+98 31 1792 2542

Email

r_asgarian@resident.mui.ac.ir

Web page address

Person responsible for updating data

Contact

Name of organization / entity

Community medicine department, School of medicine, Isfahan university of medical sciences

Full name of responsible person

Ramin Asgarian

Position

Community medicine specialty assistant

Other areas of specialty/work

Street address

Community medicine department, School of medicine, Isfahan university of medical sciences, Hezarjerib street

City
Isfahan
Postal code
Phone
+98 31 1792 2542
Fax
+98 31 1792 2542
Email
r_asgarian@resident.mui.ac.ir
Web page address

Sharing plan

Deidentified Individual Participant Data Set (IPD)
empty
Study Protocol
empty
Statistical Analysis Plan
empty
Informed Consent Form
empty
Clinical Study Report
empty
Analytic Code
empty
Data Dictionary
empty