

Clinical Trial Protocol

Iranian Registry of Clinical Trials

29 Jun 2026

The effect of an educational health promotion program on active aging in the elderly referring to health centers

Protocol summary

Study aim

Determining the effect of health promotion training program on active aging in the elderly referring to health centers

Design

Superiority clinical trial with control group, with parallel group with blinded outcome assessment, randomized, on 60 elderly people referring to health center number one in Mashhad. The allocation will be random and block-type; In this way, first six blocks of four will be formed and then a lottery will be held once to arrange the blocks, and then the elderly will enter the intervention or control groups based on the codes of the blocks. Obviously, all six quadruple blocks will include 24 research units, so when the six blocks are completed, sampling will repeat the same six blocks until all units enter the research and sampling is completed.

Settings and conduct

The study population is the elderly referring to health centers number one in Mashhad.

Participants/Inclusion and exclusion criteria

- 1-Age over 60 years
- 2-Not having a debilitating disease
3. Having a file in the health center

Intervention groups

The health promotion program will be implemented in 6 sessions for the intervention group. Meetings are held at the Health Center - Park - Holy Shrine - Torqabeh or Shandiz, and the elderly will have a group discussion about the six dimensions of health-promoting behaviors and will share experiences. In addition, the training will take place in environments other than the health center. The control group will receive routine training, including integrated geriatric care, during this period. In addition, a summary of the training will be provided to the control group by the researcher during a lecture session.

Main outcome variables

Active Aging

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20210308050639N1**

Registration date: **2021-08-21, 1400/05/30**

Registration timing: **prospective**

Last update: **2021-08-21, 1400/05/30**

Update count: **0**

Registration date

2021-08-21, 1400/05/30

Registrant information

Name

Seyedeh Reyhane Davoudi

Name of organization / entity

Country

Iran (Islamic Republic of)

Phone

+98 58 3224 7502

Email address

davoudir982@mums.ac.ir

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2021-09-16, 1400/06/25

Expected recruitment end date

2021-10-17, 1400/07/25

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effect of an educational health promotion program on active aging in the elderly referring to health centers

Public title

The effect of an educational health promotion program on active aging in the elderly referring to health centers

Purpose

Education/Guidance

Inclusion/Exclusion criteria

Inclusion criteria:

Not having a debilitating disease Having a file in the health center

Exclusion criteria:

Being too old like age over 80 years Having a debilitating disease

Age

From **60 years** old to **80 years** old

Gender

Both

Phase

N/A

Groups that have been masked

- Data analyser

Sample size

Target sample size: **60**

Randomization (investigator's opinion)

Randomized

Randomization description

Random allocation and block type Regarding the type of allocation of the elderly to the two groups, considering that the probability of information leakage between the elderly in this type; in this way, first six quadruple blocks will be formed and then a lottery will be held once to arrange the blocks, and then the elderly will enter the intervention or control groups based on the block codes. Obviously, all six quadruple blocks will include 24 research units, so when the six blocks are completed, sampling will repeat the same six blocks until all units enter the research and sampling is completed.

Blinding (investigator's opinion)

Single blinded

Blinding description

The data analyzer goes blind so that the data he is analyzing does not know which group the data belongs to.

Placebo

Not used

Assignment

Parallel

Other design features

Unlike previous studies that have taught health-promoting behaviors in health centers, this study aims to teach these behaviors in cultural and recreational settings.

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Ethics committee of Mashhad University of Medical Sciences

Street address

Mashhad University of Medical Sciences., University St.

City

Mashhad

Province

Razavi Khorasan

Postal code

9137913199

Approval date

2021-06-15, 1400/03/25

Ethics committee reference number

IR.MUMS.NURSE.REC.1400.034

Health conditions studied

1

Description of health condition studied

Active Aging

ICD-10 code

ICD-10 code description

Primary outcomes

1

Description

Active aging

Timepoint

Assessment of active aging in the elderly is performed twice at the beginning of the study and before the intervention and the second time one month after the intervention.

Method of measurement

In the study of "The effect of health promotion program on the active aging of the elderly referring to health centers" the method of measuring the variable of active aging in the elderly, is the " MOHAMMDI et al. Active aging Questionnaire ".

Secondary outcomes

empty

Intervention groups

1

Description

Intervention group: The health promotion program will be implemented in 6 sessions for the intervention group. The method of execution is as follows that first session will be discussed about nutrition and its role in the health

of the elderly. The second session will be held in the park and along with the elderly walk, they will discuss physical activity and its role in old age. The third session will be held at the health center and will be discussed the impact of health responsibility on the elderly. The fourth session will be held in the park and in addition to walking, the elderly will perform appropriate exercises and they talk about stress and how to manage it and use each other's experiences. The fifth session will held in the park and will be presented the importance of communication and role-playing such as caring for grandchildren, etc. to the elderly and the last session will be held in the holy shrine or mosque and will discuss the impact of spiritual issues on the health of the elderly.

Category

Lifestyle

Recruitment centers**1****Recruitment center****Name of recruitment center**

Mashhad number one health center

Full name of responsible person

Seyede reyhane Davoudi

Street address

between 66 and 60 Vakil Abad, Vakil Abad Boulevard

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Sponsors / Funding sources**1****Sponsor****Name of organization / entity**

Mashhad University of Medical Sciences

Full name of responsible person

Zendetalab Hamid Reza

Street address

School of Nursing and Midwifery, Ibn Sinai St.

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NMS.IT@mums.ac.ir

Grant name**Grant code / Reference number****Is the source of funding the same sponsor organization/entity?**

Yes

Title of funding source

Mashhad 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**

Mashhad University of Medical Sciences

Full name of responsible person

Hamid Reza Zendehtalab

Position

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**

Mashhad University of Medical Sciences

Full name of responsible person

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

Yes - There is a plan to make this available

Study Protocol

Yes - There is a plan to make this available

Statistical Analysis Plan

Yes - There is a plan to make this available

Informed Consent Form

Yes - There is a plan to make this available

Clinical Study Report

Yes - There is a plan to make this available

Analytic Code

No - There is not a plan to make this available

Data Dictionary

Yes - There is a plan to make this available

Title and more details about the data/document

Some data, such as information on active aging, can be shared.

When the data will become available and for how long

Access period starts 3 months after the results are published

To whom data/document is available

Our data will only be available to researchers working in academic and scientific institutions.

Under which criteria data/document could be used

If our data is used in other studies, it must be referenced.

From where data/document is obtainable

Seyede Reyhane Davoudi 09157748546

Davoudir982@mums.ac.ir

What processes are involved for a request to access data/document

The data will take one week to reach the applicant upon request.

Comments