

Clinical Trial Protocol

Iranian Registry of Clinical Trials

26 Jun 2026

The effect of cognitive-behavioral therapy on the stages of planning and predicting the time of movement in the elderly with fear of falling

Protocol summary

Study aim

The effect of cognitive-behavioral therapy on the stages of planning and predicting the time of movement in the elderly with fear of falling

Design

Clinical trial with control group, double-blind, randomized with sealed envelopes

Settings and conduct

Location of interventions in the nursing home daily.
Number of courses: one blind (evaluators)

Participants/Inclusion and exclusion criteria

Admission requirements: Independence in daily activities
Age between 60-80 years
Fear of falling based on the Falls Efficacy Scale-International test
Able to walk at least 20 meters without aids
Exclusion criteria: Any acute or chronic disease that affects the control of balance and gait (neuromuscular diseases, visual disorders, vestibular, etc.)
Existence of cognitive disorders (24> Mini Mental status Examination Test)
Acute psychiatric illness and psychosis

Intervention groups

Individuals in the intervention group are treated with a combination of routine walking rehabilitation as well as cognitive-behavioral therapy to reduce the fear of falling. Conventional walking rehabilitation These exercises are performed twice a week for 45 minutes for 12 weeks. Cognitive-behavioral therapy in this group aims to reduce the fear of falling and improve self-efficacy. This treatment contains various parts, including the use of positive words before and after performing a motor skill to eliminate the negative attitude and reassurance in performing the skill. This treatment is done in groups (6 to 8 people in each group) once a week for 2 hours during 12 weeks. In the control group, normal gait is performed exactly the same as the intervention group twice a week for 45 minutes for 12 weeks.

Main outcome variables

The time difference between the mental imagination of doing movement and the actual doing of movement

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20211201053248N1**

Registration date: **2022-01-19, 1400/10/29**

Registration timing: **prospective**

Last update: **2022-01-19, 1400/10/29**

Update count: **0**

Registration date

2022-01-19, 1400/10/29

Registrant information

Name

roghaye diveh

Name of organization / entity

Country

Iran (Islamic Republic of)

Phone

+98 17 3324 9324

Email address

diveroghaye@gmail.com

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2022-01-21, 1400/11/01

Expected recruitment end date

2022-04-21, 1401/02/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effect of cognitive-behavioral therapy on the stages of planning and predicting the time of movement in the elderly with fear of falling

Public title

The effect of cognitive-behavioral therapy on the elderly with fear of falling

Purpose

Treatment

Inclusion/Exclusion criteria**Inclusion criteria:**

Fear of falling without cognitive impairment
Independence in daily activities Able to walk at least 20 meters without aids Ability to participate in treatment sessions Age between 60 and 80 years

Exclusion criteria:

Any acute or chronic illness that affects balance and gait control Existence of cognitive disorders Acute psychiatric illness with psychosis

Age

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

Gender

Both

Phase

N/A

Groups that have been masked

- Outcome assessor
- Data analyser

Sample size

Target sample size: **36**

Randomization (investigator's opinion)

Randomized

Randomization description

Envelopes are prepared for the number of participants in the study (36 people) which are placed inside 18 envelopes of odd numbers and in the remaining 18 envelopes of even numbers and then we combine the envelopes by chance and from this random combination Sample people select one of the envelopes and are divided into intervention and control groups, respectively, being even or odd.

Blinding (investigator's opinion)

Single blinded

Blinding description

This is a one-way blind study in which the statistician is an independent person who analyzes data and is unaware of the allocation of groups. And the evaluator is an independent person and evaluates the consequences and is unaware of the allocation of groups

Placebo

Not used

Assignment

Parallel

Other design features**Secondary Ids**

empty

Ethics committees**1****Ethics committee****Name of ethics committee**

Ethics Committee of School of Paramedical Sciences and Health School of mashhad Mashhad University o

Street address

Mashhad, Azadi St., East Door of Ferdowsi University of Mashhad, University Campus, Faculty of Paramedical Sciences

City

Mashhad

Province

Razavi Khorasan

Postal code

9177948964

Approval date

2021-12-11, 1400/09/20

Ethics committee reference number

IR.MUMS.FHMPM.REC.1400.061

Health conditions studied**1****Description of health condition studied**

Fear of falling

ICD-10 code**ICD-10 code description****Primary outcomes****1****Description**

The time difference between the mental imagination of doing movement and the actual doing of movement

Timepoint

Before the intervention and 12 weeks after the intervention

Method of measurement

Timed Up and Go Test

Secondary outcomes**1****Description**

Level of fear of falling

Timepoint

Before the intervention and 12 weeks after the intervention

Method of measurement

Falls Efficacy Scale International

2**Description**

The risk of falling

Timepoint

Before the intervention and 12 weeks after the intervention

Method of measurement

Dynamic Gait Index

Intervention groups

1

Description

The "intervention group" is treated with a combination of routine walking rehabilitation as well as cognitive-behavioral therapy to reduce the fear of falling. Common walking rehabilitation includes a number of active range-of-motion exercises for all joints of the body, progressive strengthening exercises to guide the hip extensor and abductor, knee and dorsal extensors and flexors, and plantar flexors of the ankle, as well as other skills including transition from sitting to sitting. Conversely, knee squats, standing on one foot, standing back and walking, walking on heels, walking on and off, spinning, stepping on, picking up objects while walking, and on stairs. And go down. These exercises are performed twice a week for 45 minutes for 12 weeks. Cognitive-behavioral therapy in this group aims to reduce the fear of falling and improve self-efficacy. This treatment has different parts, including the use of positive words before and after performing a skill move to build a negative attitude and reassurance in performing the skill. This positivity starts as part of simple skills and progresses to more complex motor skills over distances and less support. Another part of this method is visualizing the correct pattern of a skill before doing it. For example, a correct gait pattern in the face of an environmental disturbance is taught by the therapist and the therapist is asked to visualize the ability to do so before doing so. Another part of this treatment is to improve the self-efficacy of the individual. In this case, the person discusses in his mind these questions, 'what a great success it would be if I walked in any place of fear as in the past', how he reacts to those around me against this without progress. This treatment is done in groups (6 to 8 people in each group) once a week for 2 hours for 12 weeks.

Category

Rehabilitation

2

Description

Control group: Conventional gait rehabilitation is performed exactly the same as the intervention group twice a week for 45 minutes for 12 weeks.

Category

Rehabilitation

Recruitment centers

1

Recruitment center

Name of recruitment center

Mehr Elderly Center

Full name of responsible person

Ana Jamal Ghojoghi

Street address

Next To Navid Bar, Mehr Elderly Center. Enghelab St. Basij Square

City

Gonbad Ghabos

Province

Golestan

Postal code

4979188517

Phone

+98 911 878 6929

Email

Mdade767@gmail.com

2

Recruitment center

Name of recruitment center

Hamdelan Elderly Center

Full name of responsible person

Fateme Karimi

Street address

No. 4, Corner Of Raja 10, Shahid Rajaei St.

City

AzadShahr

Province

Golestan

Postal code

4961614961

Phone

+98 17 3572 2708

Email

Karimii.Hamdelan91@gmail.com

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Mashhad University of Medical Sciences

Full name of responsible person

Majid Ghaior Mobarham

Street address

Faculty of Paramedical Sciences, University Campus, East Door of Ferdowsi University of Mashhad, Azadi Square

City

Mashhad

Province

Razavi Khorasan

Postal code

9177948964

Phone

+98 51 3884 6710

Email

Sps.Dean@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
Roghaye Dive

Position
master student

Latest degree
Bachelor

Other areas of specialty/work
Physiotherapy

Street address
Seyedniaz village

City
Gonbad Ghabos

Province
Golestan

Postal code
4977184669

Phone
+98 17 3324 9324

Email
Divehroghaye@gmail.com

Person responsible for scientific inquiries

Contact

Name of organization / entity
Mashhad University of Medical Sciences

Full name of responsible person
Hossein Asghar Hosseini

Position
Assistant professor

Latest degree
Ph.D.

Other areas of specialty/work
Physiotherapy

Street address
Faculty of Paramedical Sciences, University Campus,
East Door of Ferdowsi University of Mashhad, Azadi

Square

City
Mashhad

Province
Razavi Khorasan

Postal code
9177948964

Phone
051 38846710_20

Email
hosseiniha@mums.ac.ir

Person responsible for updating data

Contact

Name of organization / entity
Mashhad University of Medical Sciences

Full name of responsible person
Roghaye Dive

Position
Master student

Latest degree
Bachelor

Other areas of specialty/work
Physiotherapy

Street address
Seyedniaz village

City
Gonbade Ghabos

Province
Golestan

Postal code
4977184769

Phone
+98 17 3324 9324

Email
Diveroghaye@gmail.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

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