

Clinical Trial Protocol

Iranian Registry of Clinical Trials

27 Jun 2026

The Effectiveness of Body Percussion Rhythmic Exercises on the balance and cognitive flexibility of the elderly

Protocol summary

Study aim

The main goal: to determine the influence of a course of body percussion rhythmic exercises on the balance and cognitive flexibility of the elderly.

Design

Clinical experiment with control group(30 persons)and intervention group(30persons)by simple random sampling,based on 60 elderly people for simple random and based on single sequence from random designations and random numbers table.

Settings and conduct

The intended experiment in Kashmer city as the influence of a course of body percussion rhythmic exercises on the balance and cognitive flexibility of 60 elderly people is evelnated by measurement tools of cognitive flaxibility,classification test,whiskansin card,and measurment tools of equilibrinm.

Participants/Inclusion and exclusion criteria

The criteria for entering the research includes: the ability for seeing and hearing perfectly, to be over 65 years old, to have asthma and respiratory and heart disease,movement problems and main and using crutches and wheelchaivs, antecedent of heart attacle,antecedent of anesthcsia,skull scriors injury,to have movement disorder and a basic level of physical activity and exercisa habits and similiar backfall proportion.

Intervention groups

60 elderly people have been randomly selected as research sample and will be devided to two group of intervention (30) and control(30).the intervention group, who will perform rhythmic body percussion exercises for 45 minutes, 3 days a week for 12 weeks.but,the control group will not recieveary exercise program during this period.

Main outcome variables

Static equilibrium,dinamic equilibrium ,cognitive flexibility.

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20220704055369N1**

Registration date: **2022-10-16, 1401/07/24**

Registration timing: **prospective**

Last update: **2022-10-16, 1401/07/24**

Update count: **0**

Registration date

2022-10-16, 1401/07/24

Registrant information

Name

Najmeh Khakshormoogadam

Name of organization / entity

Country

Iran (Islamic Republic of)

Phone

+98 51 5522 1725

Email address

najmehkhakshormoogadam@semnan.ac.ir

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2022-10-22, 1401/07/30

Expected recruitment end date

2023-01-20, 1401/10/30

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The Effectiveness of Body Percussion Rhythmic Exercises on the balance and cognitive flexibility of the elderly

Public title

The Effectiveness of Body Percussion Rhythmic Exercises on the balance and cognitive flexibility of the elderly

Purpose

Supportive

Inclusion/Exclusion criteria

Inclusion criteria:

The ability for seeing and hearing perfectly To be over 65 years old

Exclusion criteria:

To Have asthma and respiratory and heart diseases
Movement problems and maim and using crutches and wheelchairs
Antecedent of heart attack
Antecedent of anesthesia
Skull Serious injury
To be blind and deaf

Age

From **65 years** old to **75 years** old

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **60**

Randomization (investigator's opinion)

Randomized

Randomization description

60 elderly who have research accomplishment qualifications will be chosen based on research area ,then by simple random sampling will be divided to two groups of intervention 30 persons and control 30 persons,while there is equal chance for every one to choose and its based on single sequence from random designations and random numbers table.(random numbers table is a large set of numbers that are produced random without specific discipline and are shaped as a table).at first,the researcher determine the numbers of table(for example,up,down,left or right)table and then, the researcher take into account the numbers for different groups(for example,couple numbers for intervention(A)and single numbers for intervention(B).in this method,probably,there is non-equality of persons to each groups.especially,when content of the sample is low ,while content of the sample of this inequality will be decreased.

Blinding (investigator's opinion)

Not blinded

Blinding description

Placebo

Not used

Assignment

Parallel

Other design features

Secondary IDs

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Ethics Committee of Semnan University of Medical Sciences

Street address

University of Medical Sciences and Healthcare Services,Basij St.

City

Semnan

Province

Semnan

Postal code

35147-99442

Approval date

2022-06-27, 1401/04/06

Ethics committee reference number

IR.SEMUMS.REC.1401.074

Health conditions studied

1

Description of health condition studied

Balance disorders

ICD-10 code

E87.8

ICD-10 code description

Other disorders of electrolyte and fluid balance, not elsewhere classified

Primary outcomes

1

Description

Cognitive flexibility

Timepoint

90day

Method of measurement

Cognitive flexibility measurement tool of the Wisconsin Card Sorting Test

Secondary outcomes

1

Description

Balance

Timepoint

90day

Method of measurement

Measuring balance with Johnson's stork balance tool

Intervention groups

1

Description

Intervention group;60 elderly people who have been selected for this research(between 150 elderly).around 30 persons at intervention group who will perform rhythmic body percussion exercises for 12 weeks,3days a week for 45 minutes .these exercises will be performed as synthetic at each session that includes 7 repetitive movements:stroke to chest,stroke to chest,clap,stroke to chest,stroke to chest,stroke to chest and clap,it will be all,cated to heat and unlimber the elderly 10frist minutes and it 10, will be all.ocafed to refrigerate them 5 last minute.it is necessary to say that these body exercises will be performed by expert coach and will be requested from participants to look at the coach and implement his/her movements,and then will be requested to perform the activity based on rhythme.

Category

Other

2

Description

Control group:they are 30persons and dont reciveve any program at in tervention period .

Category

Other

Recruitment centers

1

Recruitment center

Name of recruitment center

Imam Khomeini (RA) Kashmir Relief Committee

Full name of responsible person

Fatemeh Rezaei

Street address

No. 237, 16 Arghvan Alley, Laden Street, Golestan St

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Web page address

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Semnan University of Medical Sciences

Full name of responsible person

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Street address

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Province

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Postal code

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Phone

Email

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Grant name

Grant code / Reference number

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

No

Title of funding source

Semnan 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

Semnan University of Medical Sciences

Full name of responsible person

Najmeh Khakshor Mooghadam

Position

University Student

Latest degree

Bachelor

Other areas of specialty/work

Others

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Person responsible for scientific inquiries

Contact

Name of organization / entity

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Full name of responsible person

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Position

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Latest degree

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Other areas of specialty/work

Others

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Person responsible for updating data

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Sharing plan

Deidentified Individual Participant Data Set (IPD)

Yes - There is a plan to make this available

Study Protocol

No - There is not a plan to make this available

Statistical Analysis Plan

No - There is not a plan to make this available

Informed Consent Form

Yes - There is a plan to make this available

Clinical Study Report

No - There is not a plan to make this available

Analytic Code

No - There is not a plan to make this available

Data Dictionary

No - There is not a plan to make this available

Title and more details about the data/document

The influence of a course of body percussion rhythmic exercises on the balance and cognitive flexibility of the elderly, the results of the research and participants at the research without people identity and the equilibrium basic results and cognitive flexibility of the elderly will be shared.

When the data will become available and for how long

Start of access period 6 months after publishment of results.

To whom data/document is available

It will be available for researchers who work in academic and scientific institutions.

Under which criteria data/document could be used

It is free to study the documents and to use the questionnaire and also data of research. we can help to elderly and reserchers who are intvested to these studies.

From where data/document is obtainable

The e-mail address of the liable person in n.khakshor7073@gmail.com with the postal address 9671935588 and the phone number 09106798672 with the fax number 05155221725 as najmeh khakshor moghadam, i am ready to answer.

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

People who are studying in the scientific evedible universities of country are allowed to receive the necessary documents after 6 months of results registration.

Comments