

Clinical Trial Protocol

Iranian Registry of Clinical Trials

10 Jun 2026

The effect of physical activity in the water on self-esteem in elderly men

Protocol summary

Summary

Objectives: This research aimed to study the impact of eight weeks of physical activity in the water on self-esteem in male elderly. **Design:** In this clinical trial study, based on the criteria for participating in the study, after being chosen, the testees were divided into the two groups of experiment and control, randomly and homogeneously. **Setting and Conduct:** The testees' self-esteem was measured before and after conducting the study, using Rosenberg's self-esteem scale ($r = 0.084$). The experiment group participated in the designed program. **Participants and the Criteria for Entering and Leaving the Study:** 36 elderly men of the ages of 60 to 73, retired from the Department of Education of Khorasan-e-Razavi, participated in this study based on the following criteria: The criteria for entering the study included: Being at least 60 years old; expressing willingness to participate in the study; a confirmation allowing the participant to do physical activity in the water, issued by a physician; and finally, not taking nerve medicine. The criteria for leaving the study included being absent in three consecutive exercise sessions, or being absent in one fourth of exercise sessions, in case the participant faced no critical mishap. In addition, all the participants were homogenized, in terms of their mental health, by being examined by a specialist. After filling consent, and based the criteria for entering the study, all the elderly men qualified to participate entered the study. In the end, physical and mental advantages of exercising for the elderly were explained. **Intervention:** The exercise program used for this study which was chosen based on scientific and research resources, included three sessions of 35 minutes exercising per week, lasting for eight weeks. The researcher attended all the sessions, and performed the exercises accompanying the testees. **Main Outcome Variable:** The main outcome variable in this study is the self-esteem of the elderly men, which was measured before and after the intervention, using Rosenberg self-esteem scale.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT201105106435N1**

Registration date: **2011-08-24, 1390/06/02**

Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2011-08-24, 1390/06/02

Registrant information

Name

Sayed Ali Akbar Hashemi Javaheri

Name of organization / entity

Ferdwosi University

Country

Iran (Islamic Republic of)

Phone

+98 51 1882 9580

Email address

hashemi_j@ferdowsi.um.ac.ir

Recruitment status

Recruitment complete

Funding source

Vice chancellor for research of Physical Education and Sport Sciences Faculty, Ferdowsi University of Mashhadش

Expected recruitment start date

2010-06-05, 1389/03/15

Expected recruitment end date

2010-07-06, 1389/04/15

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effect of physical activity in the water on self-esteem in elderly men

Public title

Self-Esteem

Purpose

Health service research

Inclusion/Exclusion criteria

The criteria for entering the study included: Being at least 60 years old; expressing willingness to participate in the study; a confirmation allowing the participant to do physical activity in the water, issued by a physician; and finally, not taking nerve medicine. The criteria for leaving the study included being absent in three consecutive exercise sessions, or being absent in one fourth of exercise sessions, in case the participant faced no critical mishap. In addition, all the participants were homogenized, in terms of their mental health, by being examined by a specialist. After filling consent, and based the criteria for entering the study, all the elderly men qualified to participate entered the study. In the end, physical and mental advantages of exercising for the elderly were explained.

Age

From **60 years** old to **73 years** old

Gender

Male

Phase

2

Groups that have been masked

No information

Sample size

Target sample size: **36**

Randomization (investigator's opinion)

N/A

Randomization description**Blinding (investigator's opinion)**

Not blinded

Blinding description**Placebo**

Not used

Assignment

Single

Other design features**Secondary Ids**

empty

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

Ferdowsi University of Mashhad Ethics committee

Street address

Azadi Square

City

Mashhad

Postal code

9177948974

Approval date

2010-08-01, 1389/05/10

Ethics committee reference number

150

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

Self-Esteem

ICD-10 code

F30.1

ICD-10 code description

Mania without psychotic symptoms

Primary outcomes**1****Description**

Self-Esteem

Timepoint

Pre and Post Intervention

Method of measurement

Questionnaire measured self-esteem scale of Rosenberg

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

Not

Timepoint

Not

Method of measurement

Not

Intervention groups**1****Description**

Based on scientific resources - research were selected, three days a week for 35 minutes and run for 8 weeks in all stages Grdydkh exercises, and present their research subjects directly above exercises can be performed

Category

N/A

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

Ferdowsi University of Mashhad

Full name of responsible person

Naser Mohamad Rahimi

Street address

Azadi Square
City
Mashhad

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Vice chancellor for research of Physical Education and Sport Sciences Faculty, Ferdowsi University

Full name of responsible person

Phd Sayed Ali Akbar Hashemi Javaheri

Street address

Ferdowsi University of Mashhad

City

Mashhad

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 Physical Education and Sport Sciences Faculty, Ferdowsi University

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**

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M.Sc/Teacher

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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