

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

28 Jun 2026

### The effect of aerobic exercise program on quality of life in 60-75 years old residents of geriatric homes

#### Protocol summary

##### Summary

This study will investigate the effect of aerobic exercise on quality of life in 60-75 years old residents of geriatric homes, Ahwaz, Iran 1389. In this study SF36 questionnaire is administered to a sample of 50 residents of geriatric homes. This sample are randomly allocated to two groups: the experimental group (n=25) and control group (n=25). The members of experimental group will receive exercise for 8 weeks (three sessions per week). Quality of life will measure in both groups before and after intervention.

#### General information

##### Acronym

##### IRCT registration information

IRCT registration number: **IRCT201105206530N1**  
Registration date: **2011-07-17, 1390/04/26**  
Registration timing: **retrospective**

Last update:

Update count: **0**

##### Registration date

2011-07-17, 1390/04/26

##### Registrant information

##### Name

Samira Borzoo

##### Name of organization / entity

Ahwaz Jondishapur University of Medical Sciences

##### Country

Iran (Islamic Republic of)

##### Phone

+98 61 1333 7077

##### Email address

borzoo.s@ajums.ac.ir

##### Recruitment status

**Recruitment complete**

##### Funding source

Ahwaz Jondishapur University Of Medical Sciences

##### Expected recruitment start date

2009-12-22, 1388/10/01

##### Expected recruitment end date

2010-03-20, 1388/12/29

##### Actual recruitment start date

empty

##### Actual recruitment end date

empty

##### Trial completion date

empty

##### Scientific title

The effect of aerobic exercise program on quality of life in 60-75 years old residents of geriatric homes

##### Public title

The effect of exercise on quality of life

##### Purpose

Prevention

##### Inclusion/Exclusion criteria

Inclusion criteria: 60-75 years old; not having any exercise program but having physically activities of daily living independently. Exclusion criteria: neurological disorder (paresis, stroke, Parkinson's disorder); acute heart impairment (hypertension, congestive heart failure); unstable chronic illness (diabetes mellitus, malignancies, severe muscle- skeletal impairment); inability to participate in the programs.

##### Age

From **60 years** old to **75 years** old

##### Gender

Both

##### Phase

N/A

##### Groups that have been masked

*No information*

##### Sample size

Target sample size: **50**

**Randomization (investigator's opinion)**

Randomized

**Randomization description****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**

Ahwaz Jondishapur University of Medical Sciences

**Street address**

Ahwaz Jondishapur University Of Medical Sciences,  
Golestan street

**City**

Ahwaz

**Postal code****Approval date**

2010-08-20, 1389/05/29

**Ethics committee reference number**

1326/پ/20/8/د

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

The changes of Quality of life in old person in  
consequence of exercise

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

physical functioning

**Timepoint**

2 month

**Method of measurement**

SF-36 Questionnaire

**2****Description**

Emotional well being

**Timepoint**

2 month

**Method of measurement**

SF-36 Questionnaire

**3****Description**

Role limitations due to emotional problems

**Timepoint**

2 month

**Method of measurement**

SF-36 Questionnaire

**4****Description**

General health

**Timepoint**

2 month

**Method of measurement**

SF-36 Questionnaire

**5****Description**

Energy/ fatigue

**Timepoint**

2 month

**Method of measurement**

SF-36 Questionnaire

**6****Description**

Role limitations due to physical health

**Timepoint**

2 month

**Method of measurement**

SF-36 Questionnaire

**7****Description**

Pain

**Timepoint**

2 month

**Method of measurement**

SF-36 Questionnaire

**8****Description**

Social functioning

**Timepoint**

2 month

**Method of measurement**

SF-36 Questionnaire

**Secondary outcomes**

empty

**Intervention groups**

1

**Description**

The exercises included a 5-10 minute circulatory warm up, cline walking test (one mile walking) and a 5-10 minute cool down period. The exercise were under supervision of an experienced instructor. No exercise program was prescribed for the control group.

**Category**

Prevention

2

**Description**

control group receive routin

**Category**

N/A

**Recruitment centers**

1

**Recruitment center**

**Name of recruitment center**

Saraye zendegi

**Full name of responsible person**

**Street address**

**City**

Ahwaz

2

**Recruitment center**

**Name of recruitment center**

Hasti

**Full name of responsible person**

**Street address**

**City**

Ahwaz

3

**Recruitment center**

**Name of recruitment center**

Mehrjuyan

**Full name of responsible person**

**Street address**

**City**

Ahwaz

4

**Recruitment center**

**Name of recruitment center**

Kheirie salehin

**Full name of responsible person**

**Street address**

**City**

Ahwaz

**Sponsors / Funding sources**

1

**Sponsor**

**Name of organization / entity**

Ahwaz Jondishapur University of Medical Sciences

**Full name of responsible person**

Dr Mostafa Fegghi

**Street address**

Ahwaz Jondishapur University of Medical Sciences,  
Golestan

**City**

Ahwaz

**Grant name**

**Grant code / Reference number**

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

Yes

**Title of funding source**

Ahwaz Jondishapur 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**

Ahwaz Jondishapur University of Medical Sciences

**Full name of responsible person**

Samira Borzoo

**Position**

Speech therapy/Rehabilitation Administration (MS)

**Other areas of specialty/work**

**Street address**

Ahwaz Jondishapur University of Medical Sciences,  
Golestan

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**Email**

samiraborzoo@yahoo.com , borzoo.s@ajums.ac.ir

**Web page address**

**Person responsible for scientific inquiries**

**Contact**

**Name of organization / entity**

Ahwaz Jondishapur University of Medical Sciences

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Samira Borzoo

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**Web page address****Person responsible for updating data****Contact****Name of organization / entity**

Ahwaz Jondishapur University of Medical Sciences

**Full name of responsible person**

Samira Borzoo

**Position**

Speech therapy/ Rehabilitation Administration (MS)

**Other areas of specialty/work****Street 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*