

Clinical Trial Protocol

Iranian Registry of Clinical Trials

16 Sep 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 Adminestration (MS)

Other areas of specialty/work

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Person responsible for updating data

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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