Clinical Trial Protocol
Iranian Registry of Clinical Trials

17 Sep 2026

Design, implementation and evaluation of physical activity educational application in the elderly women

Protocol summary

Study aim
Design, implementation and evaluation of physical activity educational application in the elderly women in Isfahan.

Design
Clinical trial with intervention and control group, simple random method, sample size 76

Settings and conduct
This semi-experimental study with two control and intervention groups will be conducted on 76 elderly women who are members of the retired education center in Isfahan city .The educational intervention will be carried out for 2 months. In this way, the educational application will be available to people for 8 weeks and 3 sessions per week to perform sports. Then, immediately after the intervention, participants' sharky physical activity questionnaire will be completed in both the control and intervention groups, and the application quality assessment standard questionnaire will be completed in the intervention group.

Participants/Inclusion and exclusion criteria
Inclusion criteria : 1)All women between the ages of 60 and 65 2)Ability to exercise 3)Not having a physical or mental illness such as (cardiovascular disease, blood pressure, diabetes, acute joint problems, osteoporosis, respiratory problems, Alzheimer's) or any special disease that may endanger a person's health by exercising 4)Having a smartphone and the ability to use educational software 5)Interested in participating in the study 6)Having a doctor's approval to enter the study 7)Having a written consent to participate in the study Exit criteria: 1)Unwillingness to continue participating in the study 2)The development of physical and mental illness during the study

Intervention groups
The intervention will be carried out through an educational application for 8 weeks and 3 sessions per week to perform sports movements. The control group will not receive Education.

Main outcome variables
Average physical activity score

General information

Reason for update

Acronym

IRCT registration information
IRCT registration number: **IRCT20230717058823N1**
Registration date: **2023-07-22, 1402/04/31**
Registration timing: **prospective**

Last update: **2023-07-22, 1402/04/31**
Update count: **0**

Registration date
2023-07-22, 1402/04/31

Registrant information

Name
Zahra Morshedi

Name of organization / entity

Country
Iran (Islamic Republic of)

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+98 31 5752 2252

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zahra.morshedib1374@gmail.com

Recruitment status
Recruitment complete

Funding source

Expected recruitment start date
2023-09-06, 1402/06/15

Expected recruitment end date
2023-11-06, 1402/08/15

Actual recruitment start date
empty

Actual recruitment end date
empty

Trial completion date
empty

Scientific title
Design, implementation and evaluation of physical activity educational application in the elderly women

Public title
Design, implementation and evaluation of physical activity educational application

Purpose
Education/Guidance

Inclusion/Exclusion criteria

Inclusion criteria:
All women between the ages of 60 and 65 Ability to exercise Not having a physical or mental illness such as (cardiovascular disease, blood pressure, diabetes, acute joint problems, osteoporosis, respiratory problems, Alzheimer's) or any special disease that may endanger a person's health by exercising Having a smartphone and the ability to use educational software Interested in participating in the study Having a doctor's approval to enter the study Having a written consent to participate in the study

Exclusion criteria:
Unwillingness to continue participating in the study The development of physical and mental illness during the study

Age
From **60 years** old to **65 years** old

Gender
Female

Phase
N/A

Groups that have been masked
No information

Sample size
Target sample size: **76**

Randomization (investigator's opinion)
Randomized

Randomization description
The sampling of this research will be done systematically. In this way, the desired number of samples will be selected from the Isfahan Center for Education Retirees by systematic sampling and according to the informed consent and doctor's approval, the entry criteria as well as the calculated sample size .At the end, people will be divided into two control and intervention groups by random allocation method.

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
Ethical Committee of Isfahan University of Medical Sciences

Street address
Research and Technology Vice-Chancellor, Building No. 4,Isfahan University of Medical Sciences and Health Care Services, Hazar Jarib Street

City
Esfahan

Province
Isfehan

Postal code
81746-73461

Approval date
2023-05-08, 1402/02/18

Ethics committee reference number
IR.MUI.RESEARCH.REC.1402.043

Health conditions studied

1

Description of health condition studied
Physical activity of elderly women

ICD-10 code

ICD-10 code description

Primary outcomes

1

Description
Average physical activity score

Timepoint
Before the intervention, the end of the intervention

Method of measurement
Sharkey physical activity questionnaire

Secondary outcomes

empty

Intervention groups

1

Description
At the beginning of the study, the sharky physical activity questionnaire will be completed by the participants in two groups, then the educational application will be provided to the intervention group, and after the intervention again, the sharky physical activity questionnaire will be completed by the participants in the intervention group.

Category
Other

Recruitment centers

1

Recruitment center

Name of recruitment center
Isfahan Education Retired Center

Full name of responsible person
Mr. Amir Poyanfar

Street address
First Palestine Street, Palestine Square, Isfahan

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Isfahan

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity
Esfahan University of Medical Sciences

Full name of responsible person
Dr. Shahin Shirani

Street address
Isfahan University of Medical Sciences and Health Services, Hazar Jarib Street

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Grant name

Grant code / Reference number

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

Title of funding source
Esfahan 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
Esfahan University of Medical Sciences

Full name of responsible person
Dr. Asiyeh Pirzadeh

Position
Associate Professor

Latest degree
Ph.D.

Other areas of specialty/work
Health Promotion

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School of Health, Isfahan University of Medical Sciences and Health Services, Hazar Jarib Street

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Person responsible for scientific inquiries

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Position
Associate professor

Latest degree
Ph.D.

Other areas of specialty/work
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Person responsible for updating data

Contact

Name of organization / entity
Esfahan University of Medical Sciences

Full name of responsible person
Dr. Asiyeh Pirzadeh

Position
Associate professor
Latest degree
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Other areas of specialty/work
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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