

Clinical Trial Protocol

Iranian Registry of Clinical Trials

20 Jun 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)

Phone

+98 31 5752 2252

Email address

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

Isfahan

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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1863 - 81465

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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

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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Person responsible for updating data

Contact

Name of organization / entity

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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