

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

16 Jun 2026

### Telehealth for the elderly with balance and functional fitness problems to improve the occupational performance and balance of the elderly

#### Protocol summary

##### Study aim

Investigating the effect of remote rehabilitation for the elderly with balance, walking and functional fitness problems

##### Design

Intervention in two groups, sample size of 30 people, randomization through nupny

##### Settings and conduct

The intervention is remote and does not have a specific location. Telerehabilitation is done using video call software.

##### Participants/Inclusion and exclusion criteria

The person must be at least 60 years old. A person has access to a mobile phone at home. A person has access to high-speed internet. The individual is not receiving balance-related interventions

##### Intervention groups

The intervention that the intervention group receives is in the form of coaching and focused on improving balance and functional fitness. The intervention group receives these interventions on the platform of video conference and using a WhatsApp video call software. The control group is a waiting list.

##### Main outcome variables

occupational performance occupational satisfaction quality of life

#### General information

##### Reason for update

##### Acronym

##### IRCT registration information

IRCT registration number: **IRCT20211212053364N1**  
Registration date: **2023-10-02, 1402/07/10**  
Registration timing: **retrospective**

Last update: **2023-10-02, 1402/07/10**

Update count: **0**

##### Registration date

2023-10-02, 1402/07/10

##### Registrant information

###### Name

Ali Jamali

###### Name of organization / entity

###### Country

Iran (Islamic Republic of)

###### Phone

+98 71 5336 1285

###### Email address

Jamaliar100@gmail.com

##### Recruitment status

**Recruitment complete**

##### Funding source

##### Expected recruitment start date

2023-06-21, 1402/03/31

##### Expected recruitment end date

2023-09-22, 1402/06/31

##### Actual recruitment start date

empty

##### Actual recruitment end date

empty

##### Trial completion date

empty

##### Scientific title

Telehealth for the elderly with balance and functional fitness problems to improve the occupational performance and balance of the elderly

##### Public title

elderly rehabilitation

##### Purpose

Health service research

##### Inclusion/Exclusion criteria

###### Inclusion criteria:

The person must be at least 60 years old. A person has access to a mobile phone at home. A person has access

to high-speed internet. The individual is not receiving balance-related interventions.

**Exclusion criteria:**

**Age**

From **60 years** old

**Gender**

Both

**Phase**

2

**Groups that have been masked**

- Outcome assessor
- Data analyser

**Sample size**

Target sample size: **30**

**Randomization (investigator's opinion)**

Not randomized

**Randomization description**

**Blinding (investigator's opinion)**

Single blinded

**Blinding description**

Participants are randomly assigned to two intervention and control groups. The method of blinding is that the information about the participants is given to the statistical software and the software randomly divides the people into two groups.

**Placebo**

Not used

**Assignment**

Parallel

**Other design features**

## Secondary Ids

empty

## Ethics committees

1

**Ethics committee**

**Name of ethics committee**

کمیته اخلاق بیمارستان بقیه الله

**Street address**

tehran, vanak sqr, bahae street

**City**

tehran

**Province**

Tehran

**Postal code**

2546115526

**Approval date**

2023-06-21, 1402/03/31

**Ethics committee reference number**

123456789

## Health conditions studied

1

**Description of health condition studied**

elderly

**ICD-10 code**

R54

**ICD-10 code description**

Old age

## Primary outcomes

1

**Description**

occupational performance

**Timepoint**

1 month

**Method of measurement**

canadian occupational performance measure

## Secondary outcomes

empty

## Intervention groups

1

**Description**

Intervention group: occupational coaching for balance

**Category**

Rehabilitation

## Recruitment centers

1

**Recruitment center**

**Name of recruitment center**

بیمارستان بقیه الله

**Full name of responsible person**

Dr Alireza Shamsoddini

**Street address**

vanal sqr, shekh bahae street

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**Postal code**

259641516

**Phone**

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**Email**

shamsoddinialireza@gmail.com

## Sponsors / Funding sources

1

**Sponsor**

**Name of organization / entity**

Bagheiat-allah University of Medical Sciences

**Full name of responsible person**

دانشگاه

**Street address**

Vanak Square, Sheikh Bahai Street

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**Province**

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1234567899

**Phone**

+98 21 5984 5235

**Email**

a@a.com

**Grant name****Grant code / Reference number****Is the source of funding the same sponsor organization/entity?**

Yes

**Title of funding source**

Bagheiat-allah 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**

Bagheiat-allah University of Medical Sciences

**Full name of responsible person**

Dr Alireza shamsoddini

**Position**

Associate professor

**Latest degree**

Ph.D.

**Other areas of specialty/work**

Occupational Therapy

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**Person responsible for scientific inquiries****Contact****Name of organization / entity**

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**Full name of responsible person**

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**Position**

Associate professor

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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**

Yes - There is 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

**Title and more details about the data/document**

publication by paper

**When the data will become available and for how long**

2024

**To whom data/document is available**

everybody

**Under which criteria data/document could be used**

everybody

**From where data/document is obtainable**

Dr Alireza Shamsadini

**What processes are involved for a request to access data/document**

Dr Alireza Shamsadini approval

**Comments**