Clinical Trial Protocol
Iranian Registry of Clinical Trials

09 Nov 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 nunpy

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, bahaee 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

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vanal sqr, shekh bahaee street

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259641516

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shamsoddinialireza@gmail.com

Sponsors / Funding sources

1

Sponsor

Name of organization / entity
Bagheiat-allah University of Medical Sciences

Full name of responsible person
دانشگاه

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Vanak Square, Sheikh Bahai Street
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1234567899
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Email
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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
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
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Person responsible for updating data

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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