

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

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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

Street address

Vanak Square, Sheikh Bahai Street

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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 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