Clinical Trial Protocol
Iranian Registry of Clinical Trials

16 Sep 2026

The Effect of Organized Multi-Sensory Stimuli on the Quality of Life of the Elderly and Their Self-Efficacy in Coping with the Fall Efficacy

Protocol summary

Summary

Considering the growth of aging population in all societies, attention to improving the quality of health care and improving their quality of life is necessary. The purpose of this study was to provide non-pharmacological and low-risk strategies for improving the quality of life of the elderly, self-efficacy of fear of falling and their enjoyment of treatment and lifestyle modification. The present study is a pre-and post-semiotic study in order to investigate the effect of organized sensory stimuli on elderly people's quality of life and the international scale of self-efficacy of fear of falling in 4 intervention groups (the play of desired music of any elderly, showing images of nature and Family photos, scent of lavender oil and hand massage with almond oil) for 4 weeks, 3 sessions per week and 10 minutes each session, and the control group will be done before and after. The 60-year-olds entering the monempour health centers in Tabriz, with a health record at the center and criteria for absenteeism, will be more than three sessions.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT201707026918N26**
Registration date: **2017-09-17, 1396/06/26**
Registration timing: **registered_while_recruiting**

Last update:
Update count: **0**

Registration date

2017-09-17, 1396/06/26

Registrant information

Name

Alehe Seyedrasooli

Name of organization / entity

Faculty of Nursing & Midwifery

Country

Iran (Islamic Republic of)

Phone

+98 41 1479 0365

Email address

seyyedrasooly@tbzmed.ac.ir

Recruitment status

Recruitment complete

Funding source

Tabriz university of medical sciences

Expected recruitment start date

2017-06-30, 1396/04/09

Expected recruitment end date

2017-10-29, 1396/08/07

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The Effect of Organized Multi-Sensory Stimuli on the Quality of Life of the Elderly and Their Self-Efficacy in Coping with the Fall Efficacy

Public title

The Effect of Multi Stimulation on the Elderly

Purpose

Supportive

Inclusion/Exclusion criteria

Entry criteria: Knowledge about time and place in elderly men and women 60 years old and volunteers and have a health record at MonemPour Tabriz Health Center; having hearing health by performing nigga testing by Researcher; having a livelier health that distinguishes between the smell of alcohol and water; having visual health so that the person's visual acuity is not below 0.6

in his health records; lack of orthopedic problems; Rheumatology and neurological disorders that lead to handicap; Pain in this area. Exit criteria: Absence of more than 3 sessions during the study; Leaving the center forever; hospitalization of the elderly; history of damage and fracture; history of allergy to almond oil and lavender

Age
From **60 years** old to **90 years** old

Gender
Both

Phase
N/A

Groups that have been masked
No information

Sample size
Target sample size: **100**

Randomization (investigator's opinion)
Randomized

Randomization description

Blinding (investigator's opinion)
Single blinded

Blinding description

Placebo
Not used

Assignment
Other

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee
Tabriz University of Medical Sciences

Street address
Tabriz, Daneshgah St.

City
Tabriz

Postal code
5138947977

Approval date
2017-04-21, 1396/02/01

Ethics committee reference number
IR.TBZMED.REC.1396.242

Health conditions studied

1

Description of health condition studied
Falling

ICD-10 code
(V01-X59)

ICD-10 code description
accidental fall NOS

Primary outcomes

1

Description
Quality of Life

Timepoint
Pre and Post 4 weeks

Method of measurement
Older Peoples Quality of Life Questionnaire

Secondary outcomes

1

Description
Self -Efficancy of Fear of Falling

Timepoint
Pre and Post 4 weeks

Method of measurement
Falls Efficacy Scale

Intervention groups

1

Description
Hearing stimulation (Everyone's favorite music is played every week for three sessions of up to 4 weeks for 10 minutes)

Category
Other

2

Description
Control group (no sensory stimulation)

Category
Other

3

Description
Touch stimulation (hand massage with a few drops of almond every week for three sessions of up to 4 weeks for 10 minutes)

Category
Other

4

Description
Smell Stimulation (inhalation of lavender oil every week for three sessions of up to 4 weeks for 10 minutes)

Category
Other

5

Description
Visual stimulation (providing a combination of family photos every week for three sessions of up to 4 weeks

for 10 minutes)

Category

Other

Recruitment centers

1

Recruitment center

Name of recruitment center

Monempour

Full name of responsible person

Mahdieh Esmaeilnerzhad

Street address

Tabriz-Shariety South St

City

Tabriz

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Tabriz University of Medical Sciences

Full name of responsible person

Mohammad Reza Rashidi

Street address

Tabriz, Azadi st, Golgasht St, Headquarters of Tabriz University of Medical Sciences

City

Tabriz

Grant name

Grant code / Reference number

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

Yes

Title of funding source

Tabriz University of Medical Sciences

Proportion provided by this source

100

Public or private sector

empty

Domestic or foreign origin

empty

Category of foreign source of funding

empty

Country of origin

Type of organization providing the funding

empty

Person responsible for general inquiries

Contact

Name of organization / entity

Tabriz Faculty of Nursing and Midwifery

Full name of responsible person

Mahdieh Esmaeilnezhad

Position

MSN

Other areas of specialty/work

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Sharing plan

Deidentified Individual Participant Data Set (IPD)

empty

Study Protocol

empty

Statistical Analysis Plan

empty

Informed Consent Form

empty

Clinical Study Report

empty

Analytic Code

empty

Data Dictionary

empty