

Clinical Trial Protocol

Iranian Registry of Clinical Trials

14 Jul 2026

The impact of Tai Chi on the health of the elderly men

Protocol summary

Summary

Purpose of study is determine the effect of Tai chi exercise on health level among elderly men who are the member of Pakdasht retirees club. Experimental clinical trial, two group (Intervention and Control). One hundred thirty two elderly men are divided randomly into 2 group (intervention and control). Sixty six persons are in intervention group and 66 persons in control group. Intervention consists practice Tai Chi exercise; 8 weeks; 3 times a week; 45-60 minutes. Control group: No intervention is done. Questioners are completed, four weeks after the intervention and eight weeks

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT201703267529N12**

Registration date: **2017-03-28, 1396/01/08**

Registration timing: **registered_while_recruiting**

Last update:

Update count: **0**

Registration date

2017-03-28, 1396/01/08

Registrant information

Name

Nahid Rejeh

Name of organization / entity

Shahed University

Country

Iran (Islamic Republic of)

Phone

+98 21 5121 3071

Email address

reje@shahed.ac.ir

Recruitment status

Recruitment complete

Funding source

Vice chancellor for research Shahed University

Expected recruitment start date

2017-03-14, 1395/12/24

Expected recruitment end date

2017-06-14, 1396/03/24

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The impact of Tai Chi on the health of the elderly men

Public title

The impact of Tai Chi on the health of the elderly

Purpose

Prevention

Inclusion/Exclusion criteria

Inclusion criteria: Patients' willingness to participate in this study; Age over 60; Absence of sensory and motor disabilities; Cognition health(according to Abbreviate Mental test: score above 7); Ability to speak and understand Persian; Recently no Tai chi exercise; Not taking anti -anxiety and depression drugs; Geriatric depression scale score above 8; 6-Minute Walk test; having no drug addiction and alcohol; having no history of mental illness in the last month and sedative use
Exclusion criteria: patient's unwillingness to continue the collaboration in this study; absenteeism for more than two sessions; appearance of pain or other physical or mental problems that prevent the intervention; Older adults' death.

Age

From **60 years** old to **139 years** old

Gender

Male

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: 132

Randomization (investigator's opinion)

Randomized

Randomization description

Blinding (investigator's opinion)

Not blinded

Blinding description

Placebo

Not used

Assignment

Parallel

Other design features

Supportive care

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Ethics committee of Shahed University

Street address

Shahed University, Opposite to Holy Shrine of Imam Khomeini, Tehran-Qom Freeway, Tehran.

City

Tehran

Postal code

Approval date

2017-02-11, 1395/11/23

Ethics committee reference number

IR.Shahed.REC.1395.1

Health conditions studied

1

Description of health condition studied

Elderly

ICD-10 code

R54

ICD-10 code description

Senility

Primary outcomes

1

Description

Happiness

Timepoint

Prior to the intervention, four weeks after the intervention and a eight weeks

Method of measurement

Oxford Happiness Scale

2

Description

quality of life

Timepoint

Prior to the intervention, four weeks after the intervention and a eight weeks

Method of measurement

LEIPAD quality of life questionnaire

Secondary outcomes

1

Description

Depression

Timepoint

Prior to the intervention, four weeks after the intervention and a eight weeks

Method of measurement

GDS questionnaire

2

Description

Blood level of glucose

Timepoint

Prior to the intervention, four weeks after the intervention and a eight weeks

Method of measurement

Blood glucose measurement (glucometry)

3

Description

Blood pressure

Timepoint

Prior to the intervention, four weeks after the intervention and a eight weeks

Method of measurement

checklist

4

Description

Respiratory rate

Timepoint

Prior to the intervention, four weeks after the intervention and a eight weeks

Method of measurement

checklist

5

Description

Pulse rate

Timepoint

Prior to the intervention, four weeks after the intervention and a eight weeks

Method of measurement

checklist

Intervention groups

1

Description

Intervention group: practice of short forms exercise of Tai Chi, 8 weeks, 3 times in week, 45-60 minutes.

Category

Lifestyle

2

Description

Control group: No intervention is done.

Category

N/A

Recruitment centers

1

Recruitment center

Name of recruitment center

retirement center in pakdasht

Full name of responsible person

Alireza Tajik Ghalae

Street address

City

Varamine

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Shahed University Vice chancellor for research

Full name of responsible person

Dr. Zahra Kiasalari

Street address

Shahed University, Opposite to Holy Shrine of Imam Khomeini, Tehran-Qom Freeway, Tehran

City

Tehran

Grant name

Grant code / Reference number

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

Yes

Title of funding source

Shahed University Vice chancellor for research

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

Shahed University

Full name of responsible person

Dr. Nahid Rejeh

Position

Associate Professor

Other areas of specialty/work

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Person responsible for scientific inquiries

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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