Clinical Trial Protocol
Iranian Registry of Clinical Trials

17 Sep 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
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Iran (Islamic Republic of)
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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
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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
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
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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