Clinical Trial Protocol
Iranian Registry of Clinical Trials

22 Nov 2026

The Effect of Yoga Technique on Balance and Fear of Falling in Elderly People

Protocol summary

Summary

Background: Fall is the major health treat for older adults and has a significant impact on their well-being and quality of life. Fall among older adults is preventable and it is believed that the best way to avoid falling is through exercise. Objective: to determine the effect of yoga technique on balance and fear of falling in older adults visiting Jahandidegan center in Shiraz-Iran 2010. Material and methods: A preliminary study was conducted to validate the Modified fall efficacy scale (MFES) questionnaire for Iranian elderly. Then 60 people, including 24 men and 34 women, aged between 60-74 years, with MFES score less than 8 and Berg Balance Scale (BBS) score less than 45, were chosen for the survey. After completing the questionnaires, the participants were divided into three groups: Yoga, Training class and control. In yoga group each participant took part in two sessions per week for 8 weeks while the second group attended the fall prevention training classes. BBS and MFES questionnaires were completed immediately after intervention.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT201109127531N1**
Registration date: **2012-03-13, 1390/12/23**
Registration timing: **retrospective**

Last update:
Update count: **0**

Registration date

2012-03-13, 1390/12/23

Registrant information

Name

Iran Jahanbin

Name of organization / entity

University of Medical Sciences Shiraz

Country

Iran (Islamic Republic of)

Phone

+98 917 313 7399

Email address

jahanbii@sums.ac.ir

Recruitment status

Recruitment complete

Funding source

Shiraz University of Medical Sciences

Expected recruitment start date

2011-04-04, 1390/01/15

Expected recruitment end date

2011-07-06, 1390/04/15

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The Effect of Yoga Technique on Balance and Fear of Falling in Elderly People

Public title

The Effect of Yoga Technique on Balance and Fear of Falling in Elderly People

Purpose

Prevention

Inclusion/Exclusion criteria

Inclusion criteria: age 60–74 years; having MFES score less than 8; Berg balance scale score less than 45; willing to participate in the study. Exclusion criteria: the absence in more than two yoga and training sessions; suffering from cognitive–neuro–muscular diseases or advanced osteoporosis; dizziness; using anticonvulsive, narcoleptics or sedative drugs; dependence on the

walking aids; acute pain preventing to do related exercises or attending in the yoga classes.

Age
From **60 years** old to **74 years** old

Gender
Both

Phase
N/A

Groups that have been masked
No information

Sample size
Target sample size: **60**

Randomization (investigator's opinion)
Randomized

Randomization description

Blinding (investigator's opinion)
Double blinded

Blinding description

Placebo
Not used

Assignment
Parallel

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee
Vice chancellor for research, Shiraz university of medical sciences

Street address
Shiraz university of medical sciences, Zand blvd

City
Shiraz

Postal code

Approval date
2011-04-18, 1390/01/29

Ethics committee reference number
3422/04/9/ص/90/ب

Health conditions studied

1

Description of health condition studied
balance

ICD-10 code
G37

ICD-10 code description
other demyelinating diseases of central nervous system

Primary outcomes

1

Description
balance

Timepoint
8 weeks

Method of measurement
Berg Balance Scale

Secondary outcomes

1

Description
Fear of falling

Timepoint
8 weeks

Method of measurement
Modified falls efficacy scale (MFES)

Intervention groups

1

Description
yoga classes in two sessions per week for 8 weeks

Category
Prevention

2

Description
training classes

Category
Prevention

Recruitment centers

1

Recruitment center

Name of recruitment center
Jahandidegan center

Full name of responsible person

Street address

City
Shiraz

Sponsors / Funding sources

1

Sponsor

Name of organization / entity
Shiraz University of medical siences

Full name of responsible person
Dr. Gholamreza Hatam

Street address
Shiraz university of medical sciences, Zand blvd

City
Shiraz

Grant name

Grant code / Reference number
Is the source of funding the same sponsor organization/entity?
Yes
Title of funding source
Shiraz University of medical siences
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
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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