

Clinical Trial Protocol

Iranian Registry of Clinical Trials

16 Sep 2026

The Effect of educational intervention on stages of change & self-efficacy related physical Exercise & Sleep Quality in Elderly Men In Shiraz.

Protocol summary

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Summary

This study examines the impact of an educational intervention on self-efficacy and stages of change related to physical activity and sleep quality in older men in Shiraz, Iran. Methods: This study is a randomized controlled trial of training on 74 subjects aged 60-75 years old that have the ability to exercise as an inclusion criteria and neurological disease that impact on the quality of sleep is one of the exclusion criteria. Elderly are assigned into two experimental and control groups and intervention group, will receive appropriate intervention. Questionnaire, as a measurement tool, completion for a week before and one month after intervention and the results will be analyzed.

Recruitment status

Recruitment complete

Funding source

Shiraz University of Medical Sciences - Vice chancellor for Research and Technology

Expected recruitment start date

2013-11-01, 1392/08/10

Expected recruitment end date

2014-01-20, 1392/10/30

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT201401057816N2**

Registration date: **2014-02-21, 1392/12/02**

Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2014-02-21, 1392/12/02

Registrant information

Name

Mahin Nazari

Name of organization / entity

School of health

Country

Iran (Islamic Republic of)

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Email address

Scientific title

The Effect of educational intervention on stages of change & self-efficacy related physical Exercise & Sleep Quality in Elderly Men In Shiraz.

Public title

The Effect of educational intervention on stages of change & self-efficacy related physical Exercise & Sleep Quality in Elderly Men In Shiraz.

Purpose

Prevention

Inclusion/Exclusion criteria

Inclusion criteria: age between 60-75 years old; able to exercise & walking; having literacy. Exclusion criteria: having medical problem; use of sleep drugs; having absenteeism more than one sessions.

Age

From **60 years** old to **75 years** old

Gender

Male

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: 74

Randomization (investigator's opinion)

Randomized

Randomization description**Blinding (investigator's opinion)**

Single blinded

Blinding description**Placebo**

Not used

Assignment

Parallel

Other design features**Secondary Ids**

empty

Ethics committees**1****Ethics committee****Name of ethics committee**

Ethics Committee Of Shiraz University Of Medical Sciences

Street address

Shiraz University Of Medical Sciences, Zand Ave. , Shiraz, Iran

City

shiraz

Postal code**Approval date**

2013-10-23, 1392/08/01

Ethics committee reference number

CT-92-6817

Health conditions studied**1****Description of health condition studied**

sleep quality

ICD-10 code

G47.9

ICD-10 code description

Sleep disorder, unspecified

Primary outcomes**1****Description**

Preventional behaviors

Timepoint

One week before intervention- one month after intervention

Method of measurement

Questionnaire

Secondary outcomes

empty

Intervention groups**1****Description**

intervention group: education of this group will be 6 sessions & per session to time 1 hour for sleep quality & physical activity improvement /

Category

Behavior

2**Description**

control group: In control group was not intervention performed.

Category

Behavior

Recruitment centers**1****Recruitment center****Name of recruitment center**

Shiraz Jahandideh Club

Full name of responsible person

the general bureau welfara of fars

Street address

Shiraz Jahandideh Club, Kholdebarin Park

City

Shiraz

Sponsors / Funding sources**1****Sponsor****Name of organization / entity**

Vice chancellor for Research, Shiraz University of Medical Sciences

Full name of responsible person

Gholamreza Hatam

Street address

Shiraz University Of Medical Sciences, Zand St., Shiraz, Iran

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Shiraz

Grant name**Grant code / Reference number****Is the source of funding the same sponsor organization/entity?**

Yes

Title of funding source

Vice chancellor for Research, Shiraz 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*

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City**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*