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

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 60-75years old that have the ability to exercise is as a 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.

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

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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

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
City
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

Person responsible for general inquiries

Contact
Name of organization / entity
School of Public Health
Full name of responsible person
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Position
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Person responsible for scientific inquiries

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Person responsible for updating data

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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