Clinical Trial Protocol
Iranian Registry of Clinical Trials

07 Nov 2026

The Effect of an Interactive Video-Based Educational Program on Older Adults' Functional Ability and Caregivers' Fear of Older Adults' Falls Following Hip Fracture Surgery

Protocol summary

Study aim

This two-arm RCT evaluates a 4-week interactive video-based education program (via Eitaa) on older adults' functional ability after hip fracture surgery and caregivers' fear of falling.

Design

A two-arm, parallel-group, single-blind randomized clinical trial will be conducted on 120 older adults undergoing hip fracture surgery and their caregivers. Participants will be allocated 1:1 to the intervention and control groups using simple randomization. This is a Phase II trial.

Settings and conduct

This single-blind trial includes 120 older adults after hip fracture surgery and their caregivers, recruited during hospitalization near discharge. The intervention starts two days before discharge and continues for 4 weeks as an interactive video-based education program via Eitaa.

Participants/Inclusion and exclusion criteria

-Inclusion criteria Older adults aged ≥60 years Hospitalized patients with a history of hip fracture surgery Planned discharge within 48–72 hours Ability to follow home-based training, with or without caregiver assistance Access to a smartphone / messenger app Acceptable cognitive status based on AMT Informed consent from the patient and caregiver - Exclusion criteria Acute medical complications making the intervention unsafe Readmission during the intervention period Severe visual or hearing impairment interfering with training Severe cognitive impairment Failure to complete at least 25% of the educational sessions

Intervention groups

In this trial, 120 older adults after hip fracture surgery and their caregivers will be randomized to intervention or control. The intervention receives a 4-week video-based program via Eitaa; control receives a pamphlet.

Main outcome variables

Older adults' functional ability will be assessed using the Short Physical Performance Battery (SPPB), and caregivers' fear of the older adult falling will be measured using the CFFI questionnaire.

General information

Reason for update

Acronym

VFH

IRCT registration information

IRCT registration number: **IRCT20260531069581N1**
Registration date: **2026-06-03, 1405/03/13**
Registration timing: **registered_while_recruiting**

Last update: **2026-06-03, 1405/03/13**
Update count: **0**

Registration date

2026-06-03, 1405/03/13

Registrant information

Name

Fatemeh Khosravi gharahcheh

Name of organization / entity

Country

Iran (Islamic Republic of)

Phone

+98 51 3742 0393

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Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2026-05-31, 1405/03/10

Expected recruitment end date

2026-07-28, 1405/05/06

Actual recruitment start date
empty
Actual recruitment end date
empty
Trial completion date
empty

Scientific title
The Effect of an Interactive Video-Based Educational Program on Older Adults' Functional Ability and Caregivers' Fear of Older Adults' Falls Following Hip Fracture Surgery

Public title
The Effect of an Interactive Video-Based Educational Program on Older Adults' Functional Ability and Caregivers' Fear of Older Adults' Falls Following Hip Fracture Surgery
Purpose
Education/Guidance
Inclusion/Exclusion criteria
Inclusion criteria:
The older adult is aged 60 years or older. Has a history of hip fracture surgery. Is hospitalized. Discharge is planned within the next 48–72 hours. Is able to follow the home-based education program. The patient or the caregiver is able to receive/follow the training. Has access to a smartphone or a messaging application. Has an acceptable cognitive status .Provides written informed consent (patient). The caregiver also provides written informed consent.
Exclusion criteria:
Presence of acute medical complications that would make the intervention unsafe. Presence of severe visual or hearing impairment that would interfere with the training/education. Presence of severe cognitive impairment. Re-hospitalization of the patient during the intervention period. Likely non-completion of at least 25% of the educational sessions.
Age
From **60 years** old
Gender
Both

Phase
N/A
Groups that have been masked

- Participant

Sample size
Target sample size: **120**
More than 1 sample in each individual
Number of samples in each individual: **3**
Assessments will be conducted at three time points: baseline, immediately after the intervention, and one month after completion of the intervention. The assessments will include the Short Physical Performance Battery (SPPB) and a questionnaire measuring caregivers' fear of older adults' falls.
Randomization (investigator's opinion)
Randomized
Randomization description
In this study, participants will be allocated to the intervention and control groups using simple randomization at the individual level. The allocation ratio between the two groups is 1:1. Stratified or block randomization will not be used in this research. In the proposal text, the tool used to generate the random sequence and the operational details of allocation concealment have not been explicitly stated. The study is designed as single-blind, and only the participants will be blinded.
Blinding (investigator's opinion)
Single blinded
Blinding description
This study is single-blind; participants are blinded to group allocation (intervention vs. control). Due to the nature of the educational intervention, the researcher/intervention provider is not blinded, and outcome assessors and data analysts are not blinded.
Placebo
Not used
Assignment
Parallel
Other design features
This study is a two-arm randomized clinical trial in which 120 older adults undergoing hip fracture surgery and their caregivers will be randomly allocated to intervention and control groups. The control group will receive a written educational booklet, while the intervention group will receive a structured four-week interactive video-based education program delivered via the Eitaa messenger platform. The primary outcomes are the functional ability of the older adults and caregivers' fear of falling. Assessments will be performed at baseline, immediately after the intervention, and one month later.

Secondary Ids

empty

Ethics committees

1

Ethics committee
Name of ethics committee
Ethics Committee of School of Nursing & Midwifery - Mashhad University of Medical Sciences
Street address
Central Building, Research Affairs Office, Mashhad University of Medical Sciences, Daneshgah Street, Mashhad
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Province
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Postal code
۹۱۳۷۹۱۳۵۱4
Approval date
2026-04-20, 1405/01/31
Ethics committee reference number
IR.MUMS.NURSE.REC.1405.019

Health conditions studied

1

Description of health condition studied
Hip fracture surgery
ICD-10 code
ICD-10 code description

Primary outcomes

1

Description
Functional ability in the elderly
Timepoint
At baseline (before the intervention), immediately after completion of the four-week training period, and one month after the end of the intervention
Method of measurement
Short Physical Performance Battery

Secondary outcomes

1

Description
The relationship between improvement in functional ability of older adults and reduction in caregivers' fear of falling after the educational intervention
Timepoint
At baseline before the intervention, immediately after completion of the four-week training period, and one month after the end of the intervention
Method of measurement
This relationship will be assessed by analyzing the scores obtained from the Short Physical Performance Battery and the Caregivers' Fear of Falling Index

Intervention groups

1

Description
Intervention group: Interactive video-based education for caregivers of older adults undergoing hip fracture surgery
Category
Behavior

Recruitment centers

1

Recruitment center
Name of recruitment center
School of Nursing and Midwifery, Mashhad University of Medical Sciences
Full name of responsible person
Fatemeh Khosravi Ghara-cheh
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School of Nursing and Midwifery, Daneshgah Street, Mashhad, Iran
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Sponsors / Funding sources

1

Sponsor
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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
Mashhad University of Medical Sciences
Proportion provided by this source
100
Public or private sector
Public
Domestic or foreign origin
Domestic
Category of foreign source of funding
empty
Country of origin
Type of organization providing the funding
Academic

Person responsible for general inquiries

Contact
Name of organization / entity
Mashhad University of Medical Sciences
Full name of responsible person
Fatemeh Khosravi Ghara Cheh
Position

دانشجو / مجری طرح موقعیت شغلی - انگلیسی

Latest degree
Master

Other areas of specialty/work
Nursery

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Management of Research Affairs, Central Building, Mashhad University of Medical Sciences, Daneshgah Street, Mashhad

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Person responsible for scientific inquiries

Contact

Name of organization / entity
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Full name of responsible person
Najmeh Valizadeh Zare

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دانشیار

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Ph.D.

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Person responsible for updating data

Contact

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Full name of responsible person
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Position
پژوهشگر طرف قرارداد / مجری طرح

Latest degree
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Sharing plan

Deidentified Individual Participant Data Set (IPD)
Yes - There is a plan to make this available

Study Protocol
Yes - There is a plan to make this available

Statistical Analysis Plan
Yes - There is a plan to make this available

Informed Consent Form
Yes - There is a plan to make this available

Clinical Study Report
Yes - There is a plan to make this available

Analytic Code
Yes - There is a plan to make this available

Data Dictionary
Yes - There is a plan to make this available

Title and more details about the data/document
Data Dictionary, Codebook, Data Collection Forms, and Coded/De-identified Demographic, Clinical, and Functional Data. These documents will include variable definitions, coding instructions, data file structure, demographic information of the older adult and caregiver, clinical information related to fracture and surgery, and outcome measures including SPPB and CFFI. All data will be coded and de-identified before any sharing, and no personally identifiable information will be disclosed.

When the data will become available and for how long
From 6 months after the official completion of the study and publication of the main results, for a period of 2 years. Access to the data will be possible after final data collection, cleaning, coding, and approval by the research team.

To whom data/document is available
Only researchers and postgraduate students affiliated with academic and scientific institutions who submit a written request stating the scientific purpose and a confidentiality commitment. Access to the data will be granted solely for research purposes and with approval from the research team.

Under which criteria data/document could be used
Solely for scientific and research purposes, such as secondary analysis, data re-analysis, or educational use related to the study topic. Use of the data is subject to written approval from the research team, full compliance with confidentiality requirements, no attempt to re-identify participants, and proper citation of the original

study in any scientific output. Commercial use of the data is not permitted.

From where data/document is obtainable

Please send your written request to the scientific contact of the study, Dr. Najmeh Valizadeh Zare, via the following email: valizadehn@mums.ac.ir If needed, the general email of the School of Nursing and Midwifery, Mashhad University of Medical Sciences, may also be used: RAMResearch@mums.ac.ir

What processes are involved for a request to access data/document

The applicant must submit a written request including the intended purpose, analysis plan, and a confidentiality agreement. After review by the research team and upon approval, the de-identified data or relevant documents will be provided within 2 to 4 weeks.

Comments

All participant information will be kept confidential and coded, and access to the data will be limited to the principal investigator and the research team. Names and personal identifiers will not be included in any report or publication, and results will be reported only in aggregate/group form.