

Clinical Trial Protocol

Iranian Registry of Clinical Trials

16 Sep 2026

The effect of educational program on physical activity and quality of life in elderly men covered retirement center in Qom city: Application of Trans-theoretical Model(TTM)

Protocol summary

Summary

This study is an interventional semi-experimental one. These studies aimed at determine the impact of an educational intervention based on Trans-Theoretical Model to promote physical activity and quality of life in healthy elderly member of the retirement in Qom city. Inclusion criteria include being male; aged over 60 years; not have dementia; no chronic disease (high blood pressure - cardiovascular, Skeletal problems, ...); no prohibited physical activity; satisfaction with the program; membership in a retirement center in Qom city. Exclusion criteria include people who do not have above condition and have not attended three sessions of classes. Two 70 persons groups of elderly member of the retirement in Qom city will divided in intervention and control groups by random allocation. Planned educational program will be provided using blended education in one hour, six sessions during one month for intervention group. Questionnaires of research before, one month and six months after the intervention in both groups will be completed. Study outcomes are physical activity, quality of life and Trans-Theoretical Model constructs.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT201407208742N5**
Registration date: **2014-10-05, 1393/07/13**
Registration timing: **registered_while_recruiting**

Last update:

Update count: **0**

Registration date

2014-10-05, 1393/07/13

Registrant information

Name

Fereshteh Majlessi

Name of organization / entity

Tehran University of Medical Sciences

Country

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majlesif@tums.ac.ir

Recruitment status

Recruitment complete

Funding source

Deputy of Education in Tehran University of Medical Sciences

Expected recruitment start date

2014-09-11, 1393/06/20

Expected recruitment end date

2015-03-01, 1393/12/10

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effect of educational program on physical activity and quality of life in elderly men covered retirement center in Qom city: Application of Trans-theoretical Model(TTM)

Public title

The impact of education on physical activity of retired men

Purpose

Prevention

Inclusion/Exclusion criteria

Inclusion criteria: Male; Aged over 60 years; No dementia; No chronic disease (high blood pressure - cardiovascular, Skeletal problems, ...); no prohibited physical activity; Satisfaction with the Program; Membership in a retirement center in Qom. Exclusion criteria: Female; Aged under 60 years; having dementia; chronic disease (high blood pressure - cardiovascular, Skeletal problems, ...); banning on sports; Not satisfaction with the Program; Membership in a retirement center in Qom).

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: **140**

Randomization (investigator's opinion)

Randomized

Randomization description

Blinding (investigator's opinion)

Not blinded

Blinding description

Placebo

Not used

Assignment

Parallel

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Tehran University of Medical Sciences

Street address

Keshavaz Blv., Qods Ave., Tehran University of Medical Sciences

City

Tehran

Postal code

Approval date

2014-07-17, 1393/04/26

Ethics committee reference number

93/130/937/5

Health conditions studied

1

Description of health condition studied

physical activity in elders

ICD-10 code

Z72.3

ICD-10 code description

Lack of physical exercise

Primary outcomes

1

Description

Maintenance

Timepoint

Before Intervention, One months after the intervention, six month after the intervention

Method of measurement

Questionnaire

2

Description

Action

Timepoint

Before Intervention, One months after the intervention, six month after the intervention

Method of measurement

Questionnaire

3

Description

Preparation

Timepoint

Before Intervention, One months after the intervention, six month after the intervention

Method of measurement

Questionnaire

4

Description

Contemplation

Timepoint

Before Intervention, One months after the intervention, six month after the intervention

Method of measurement

Questionnaire

5

Description

Physical Activity

Timepoint

Before Intervention, One months after the intervention, six month after the intervention

Method of measurement

Questionnaire

6

Description

Self-efficacy in physical activity

Timepoint

Before Intervention, One months after the intervention, six

month after the intervention

Method of measurement

Questionnaire

7

Description

Pre-contemplation

Timepoint

Before Intervention, One months after the intervention, six month after the intervention

Method of measurement

Questionnaire

Secondary outcomes

1

Description

Quality of Life

Timepoint

Before Intervention, Six months after the intervention

Method of measurement

questionnaire

Intervention groups

1

Description

For training in the intervention group manual, pamphlet, practical exercises and group discussions will be used. In intervention group, four educational sessions about regular physical activity and type of physical activity such as regular walking, exercise in elderly period and its benefits and practical education of appropriate activities in elderly period will be conducted during one month.

Category

Lifestyle

2

Description

control group will not receive any intervention

Category

Lifestyle

Recruitment centers

1

Recruitment center

Name of recruitment center

Social Security Retirement Center

Full name of responsible person

Mr. Asadi

Street address

Shahriyar park, - North of keshavarz street, keshavarz Square, Qom

City

Qom

2

Recruitment center

Name of recruitment center

Police Retirement Center

Full name of responsible person

Mr. Shijae

Street address

Next to Police Station, Imam Khomeini Street, Imam Khomeini Square, Qom

City

Qom

3

Recruitment center

Name of recruitment center

Agriculture retirement center

Full name of responsible person

Mr. Sharif Zadeh

Street address

Next to Keshavarzy Bank, Imam Khomeini Street, Imam Khomeini Square, Qom

City

Qom

4

Recruitment center

Name of recruitment center

Education Retirement Center

Full name of responsible person

Mr. Kermanshahi

Street address

No.36, Next to the Court, Jhad Square , Qom

City

Qom

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Deputy of education in Tehran University of Medical Sciences

Full name of responsible person

Dr. Mohamad Jalili

Street address

Tehran University of Medical Sciences ,Qouds Ave. Keshavarz Boulvar, Tehran

City

Tehran

Grant name

Grant code / Reference number

Is the source of funding the same sponsor organization/entity?

Yes

Title of funding source

Deputy of education in Tehran 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*

University of Medical Sciences

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School of Public Health Tehran University of Medical Sciences

Full name of responsible person

Dr. Fereshteh Majlessi

Position

Academic member

Other areas of specialty/work**Street address**Department of Health education and promotion, west fourth floor, School of public health , Tehran
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MD

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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*