

Clinical Trial Protocol

Iranian Registry of Clinical Trials

10 Jun 2026

The effects of constant jogging on elderly women's quality of life

Protocol summary

Summary

The elderly comprise a large portion of any society and since the age affects an individual's quality of life greatly, interventions have to be done in their lives in order to improve their quality of life. Constant jogging is one of the proper measures that can be taken to reach the goal. Thus, the present study aims to investigate the effects of constant jogging on elderly women's quality of life. Present study is a clinical trials study and The target population of the study included the women of 65 to 75 years old in Maragheh of which 66 were selected through random sampling from the lists available in the official health care centers. These subjects were mentally and physically healthy and were randomly put into two experimental and control groups. Later on, a six-week Structured and supervised training intervention was given to the experimental group. All subjects answered the quality of life questionnaires before and after the intervention and according to the answers their quality of life was assessed.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2013122414617N2**

Registration date: **2014-03-22, 1393/01/02**

Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2014-03-22, 1393/01/02

Registrant information

Name

Manijeh Dehi Aroogh

Name of organization / entity

Maragheh Faculty of Medical Sciences

Country

Iran (Islamic Republic of)

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Recruitment status

Recruitment complete

Funding source

Vice chancellor for research, Tabriz University of Medical Sciences

Expected recruitment start date

2010-01-05, 1388/10/15

Expected recruitment end date

2011-11-01, 1390/08/10

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effects of constant jogging on elderly women's quality of life

Public title

The effects of constant jogging on elderly women's quality of life

Purpose

Supportive

Inclusion/Exclusion criteria

Inclusion criteria: females; 65 to 75 years age; able to answer LIPAD questionnaire; subjects' mental and physical abilities approved by an internal medicine the along with muscular, skeletal and articular health.

Exclusion criteria: subjects with any form of regular 2 or 3 session physical activity for the last 2 months; reluctant subjects and the subjects intolerant of physical activities.

Age

From **65 years** old to **75 years** old

Gender

Female

Phase

N/A

Groups that have been masked*No information***Sample size**Target sample size: **66****Randomization (investigator's opinion)**

Randomized

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

Not blinded

Blinding description**Placebo**

Not used

Assignment

Single

Other design features**Secondary Ids**

empty

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

Ethical Committee of Tabriz University of Medical Sciences

Street address

Tabriz University of Medical Sciences, Golgasht street, Tabriz, Iran

City

Tabriz

Postal code**Approval date**

2010-01-20, 1388/10/30

Ethics committee reference number

8391/4/5

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

Constant jogging and elderly women's quality of life.

ICD-10 code

-

ICD-10 code description

-

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

Quality of life of the elderly

Timepoint

Before intervention, Right after the intervention

Method of measurement

LIPAD quality of life questionnaire

Secondary outcomes

empty

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

The intervention group: sport intervention in the experimental group took 6 weeks with 3 sessions of 30 minutes per week. The structured and supervised training protocol consisted of 3 warm-up, aerobic exercise and cool-down stages. The exercises were conducted in groups of 4. The first seven minutes were stretching exercises for warm-up. This section aimed mainly to use some dynamic activities for activation of large muscle groups. In the next stage, the subjects jogged on a treadmill with a digital screen for heartbeat and calorie use for 15 minutes. It should be noted that maximum heartbeat was identified in order to control the severity of the physical activity. In order to do so, in the first 2 weeks the exercises' severity was 55%, in the second 2 weeks, it was 65% and in the final 2 weeks, it reached 75% heartbeat. In the third stage, the subjects were cooled down with stretching exercises similar to the first stage for 7 minutes.

Category

Other

2**Description**

Before and after the intervention, the quality of life questionnaires were filled up. However, there was no physical exercise for this group.

Category

N/A

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

Official healthcare centers in Maragheh

Full name of responsible person**Street address****City**

Maraghe

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

Vice chanVice chancellor for research, Tabriz

University of Medical Sciences, Golgasht street, Tabr

Full name of responsible person

Dr Mohammad Reza Rashidi

Street address

Golgasht street, Vice chancellor for research,
university of Medical Sciences, Tabriz, Iran

City

Tabriz

Grant name

-

Grant code / Reference number

-

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

Yes

Title of funding source

Vice chanVice chancellor for research, Tabriz University
of Medical Sciences, Golgasht street, Tabr

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

Maragheh Faculty of Medical Sciences

Full name of responsible person

Manijeh Dehi Aroogh

Position

Master of Science - Member of Faculty

Other areas of specialty/work

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Full name of responsible person

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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