

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

10 Jun 2026

### Comparison the effect of Cawthorne and Cooksey exercises on quality of life and balance of 60 to 80 year old people in the intervention group with control group who are not receiving this exercises

#### Protocol summary

##### Summary

The purpose of this study was to survey the effect of Cawthorne and Cooksey exercises on quality of life and balance of 60 to 80 year old people. The research sample consisted of forty elderly people residing in Shiraz which were attended to Shiraz Jahandidegan retirement center. Sample size calculation was based on sample size used in previous studies. Forty selected people randomly put in two interventions (20) and control (20) groups. People who were participated in this study must obtain a minimum score of 18 out of 30 in the Mini Mental State Examination (MMSE) and not have any problem in cognition , vision and hearing which can not be corrected also they must not have pathologic diagnosis such as Neuromusculoskeletal disease, Orthopedic, Neurologic , Rheumatologic, Psychologic, Cardio vascular and uncontrolled Hypertension in the past 3 years. Exclusion criteria were considered as patients' unwillingness to continue for cooperation, in the incidence of diseases such as stroke, etc. during the study. The balance and individual's life quality with using Berg balance scale questionnaire and 36 Short Form survey (SF-36) quality of life questionnaire in two steps (before and after 2 months intervention) were calculated. The intervention group for 2 months and 3 days a week, 60 minutes for each session conducted Cawthorne and Cooksey exercises. Cawthorne and cooksey exercise protocol is one of the most common vestibular Rehabilitation program that involve balance centers such as vision, proprioception and vestibular and can be used to promote new peripheral sensorial information arrangements.

#### General information

##### Acronym

##### IRCT registration information

IRCT registration number: **IRCT2014061618111N1**

Registration date: **2016-05-18, 1395/02/29**

Registration timing: **retrospective**

Last update:

Update count: **0**

##### Registration date

2016-05-18, 1395/02/29

##### Registrant information

###### Name

Abolghasem Fallahzadehabarghuei

###### Name of organization / entity

Shiraz University of Medical Sciences

###### Country

Iran (Islamic Republic of)

###### Phone

+98 71386271551

###### Email address

fallahzadehm@sums.ac.ir

##### Recruitment status

**Recruitment complete**

##### Funding source

Vice Chancellor for Research and Technology, Shiraz University of Medical Sciences

##### Expected recruitment start date

2013-11-16, 1392/08/25

##### Expected recruitment end date

2013-12-16, 1392/09/25

##### Actual recruitment start date

empty

##### Actual recruitment end date

empty

##### Trial completion date

empty

##### Scientific title

Comparison the effect of Cawthorne and Cooksey exercises on quality of life and balance of 60 to 80 year old people in the intervention group with control group who are not receiving this exercises

#### Public title

The effect of Cawthorne and Cooksey exercises on quality of life and balance of 60 to 80 year old

#### Purpose

Treatment

#### Inclusion/Exclusion criteria

Inclusion criteria: No cognitive; visual; uncorrectable hearing problems; not having neuromuscular; orthopedic; neurologic; rheumatologic; psychological; cardiovascular diseases and uncontrolled blood pressure (during the last three years) and non-use of nerves medicines specific for chronic mental illness; anti epileptic drugs or other nerves medicines and tranquilizer with high dosage and obtaining a minimum score of 18 out of 30 in the Mini Mental Status Examination. Exclusion criteria were considered as patients' unwillingness to continue for cooperation; in the incidence of diseases such as stroke; etc during the study.

#### Age

From **59 years** old to **79 years** old

#### Gender

Both

#### Phase

N/A

#### Groups that have been masked

*No information*

#### Sample size

Target sample size: **30**

#### Randomization (investigator's opinion)

Not 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

Ethics Committee of Shiraz University of Medical Sciences

###### Street address

in front of the palestine Street, Zand Street.

###### City

Shiraz

#### Postal code

14336\_71348

#### Approval date

2013-04-10, 1392/01/21

#### Ethics committee reference number

CT-P-9361-6731

### Health conditions studied

#### 1

##### Description of health condition studied

Balance and Quality Of Life in elderly

##### ICD-10 code

-

##### ICD-10 code description

-

### Primary outcomes

#### 1

##### Description

Balance

##### Timepoint

Before intervention, 1 month after beginning of intervention, at the end of the intervention

##### Method of measurement

Berg Balance Scale

#### 2

##### Description

Quality Of Life

##### Timepoint

Before intervention, 1 month after beginning of intervention, at the end of the intervention

##### Method of measurement

SF36 Questionnaire

### Secondary outcomes

empty

### Intervention groups

#### 1

##### Description

The intervention group conducted Cawthorne and Cooksey exercises for 2 months, 3 days a week for 60 minutes each session. The duration of doing exercises was based on previous studies. Cawthorne and Cooksey exercises are part of vestibular rehabilitation program and involve head, neck and eye movements, postural control exercises in different positions (seated, in two-leg and one-leg positions, walking), use of soft surface to reduce proprioceptive input, and exercises with closed eyes to exclude visual cues.

##### Category

Rehabilitation

2

**Description**

the control group did not receive any intervention.

**Category**

N/A

**Recruitment centers**

1

**Recruitment center**

**Name of recruitment center**

daily center of Jahandidegan Retirement center

**Full name of responsible person**

Mr Shafiee

**Street address**

Kholdebarin Park, Besat blvd., Shiraz

**City**

Shiraz

2

**Recruitment center**

**Name of recruitment center**

Daily center of Retired Older Adults

**Full name of responsible person**

Abolghasem Fallahzadeh

**Street address**

School of Rehabilitation, Shiraz University of Medical Sciences

**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**

Doctor Basir Hashemi

**Street address**

Vice chancellor for research, Shiraz university of medical Sciences, Zand Street.

**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 Rehabilitation, Shiraz University of medical sciences Sciences

**Full name of responsible person**

Ali Ghanbary

**Position**

PhD of Physical Therapy / Faculty Research Assistant

**Other areas of specialty/work**

**Street address**

Abiverdi Street, Chamran Blvd

**City**

Shiraz

**Postal code**

71345\_1733

**Phone**

00987136261551\_2

**Fax**

**Email**

ghanbary@sums.ac.ir

**Web page address**

**Person responsible for scientific inquiries**

**Contact**

**Name of organization / entity**

School of Rehabilitation, Shiraz University of Medical Sciences Sciences

**Full name of responsible person**

Abolghasem Fallahzadeh

**Position**

Master Of Science

**Other areas of specialty/work**

**Street address**

Abiverdi St, Chamran Blvd.

**City**

Shiraz

**Postal code**

71345\_1733

**Phone**

+98 713271551

**Fax**

**Email**

fallahzadehm@sums.ac.ir

**Web page address**

**Person responsible for updating data**

**Contact**

**Name of organization / entity**

School of rehabilitation, Shiraz University Of Medical Science

**Full name of responsible person**

Abolghasem Fallahzadeh

**Position**

Master of Science / Faculty member

**Other areas of specialty/work****Street address**

Abiverdi St. Chamran Blvd.

**City**

Shiraz

**Postal code****Phone**

+98 71 3327 1551

**Fax****Email**

fallahzadehm@sums.ac.ir

**Web page address****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*