Clinical Trial Protocol
Iranian Registry of Clinical Trials

22 Nov 2026

Comparing the effect of two protocols of balance training on quality of life and balance in the elderly with balance impairments

Protocol summary

Summary

Objective: Comparison the effect of two protocols of balance training on quality of life and balance in elders with balance impairments Study design: single blinded randomized control trial Participants: twenty-four elders (8 males, 16 females) older than or equal to 60 years old with balance impairments from Jahandidegan elderly center Randomization: simple randomization Inclusion criteria: acquiring scores less than 52 in Berg test, less than 7 in GDS test and more than 24 in MMSE Exclusion criteria: neurological diseases, visual and auditory disorders, color blindness and orthostatic blood pressure Interventions: single task balance training and dual task balance training Main Outcome Measures: balance status, quality of life

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2016020624149N4**
Registration date: **2016-06-21, 1395/04/01**
Registration timing: **retrospective**

Last update:
Update count: **0**

Registration date

2016-06-21, 1395/04/01

Registrant information

Name
Fahimeh Kamali
Name of organization / entity
Shiraz University of Medical Sciences
Country
Iran (Islamic Republic of)
Phone
+98 71 1627 1551
Email address
kamalif@sums.ac.ir

Recruitment status

Recruitment complete

Funding source

Shiraz University of Medical Sciences

Expected recruitment start date

2015-12-11, 1394/09/20

Expected recruitment end date

2016-02-09, 1394/11/20

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Comparing the effect of two protocols of balance training on quality of life and balance in the elderly with balance impairments

Public title

Effect of balance training on quality of life and balance in the elderly

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria: older than or equal to 60 years old; acquiring Berg balance scale score less than 52; obtaining MMSE score more than 24; acquiring Geriatrics Depression Scale (GDS) less than 7 Exclusion criteria: neurological diseases; visual or auditory disorders; color blindness; orthostatic blood pressure

Age

From **60 years** old

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **24**

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, Shiraz University of Medical Sciences

Street address

Central Building of Shiraz University of Medical Sciences, Zand Blvd. Shiraz

City

Shiraz

Postal code

71348-14336

Approval date

2015-11-21, 1394/08/30

Ethics committee reference number

IR.SUMS.REC.1394.148

Health conditions studied

1

Description of health condition studied

balance impairment

ICD-10 code

R29.6

ICD-10 code description

Tendency to fall because of old age or other unclear health problems

Primary outcomes

1

Description

Balance level

Timepoint

Before exercises and 4 weeks after the beginning of exercises

Method of measurement

Fullerton Advanced Balance scale (FAB) test

2

Description

Quality of life

Timepoint

Bexercises and 4 weeks after the beginning of exercises

Method of measurement

SF-36 questionnaire

Secondary outcomes

empty

Intervention groups

1

Description

single-task balance training including: 1- controlling balance on ball, with free movements of upper limb, trunk and lower limb 2-standing in romberg, semi-tandem, tandem and single-leg positions 3-passing ball between subjects in standing position 4-position changing from lying to standing

Category

Rehabilitation

2

Description

dual-task balance training 1- mention various flowers, streets, etc. 2- backward counting of numbers 3-backward calling of the months, days and etc. These exercises are added to the single-task exercises

Category

Rehabilitation

Recruitment centers

1

Recruitment center

Name of recruitment center

Shiraz Jahandidegan Center

Full name of responsible person

Roya Razavi

Street address

Kholdebarin Park, Beesat St.

City

Shiraz

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Vice chancellery for research affairs, Shiraz University of Medical Sciences

Full name of responsible person
Basir Hashemi
Street address
Central Building of Shiraz University of Medical Sciences, Zand Blvd. Shiraz
City
Shiraz
Grant name
Grant code / Reference number
Is the source of funding the same sponsor organization/entity?
Yes
Title of funding source
Vice chancellery for research affairs, 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
Shiraz University of Medical Sciences, School of Rehabilitation Sciences
Full name of responsible person
Fahimeh Kamali
Position
Associate Professor
Other areas of specialty/work
Street address
School of Rehabilitation Sciences, Abiverdi St, Chamran Blvd. Shiraz
City
Shiraz
Postal code
Phone
+98 71 3627 1551
Fax
Email
kamalif@sums.ac.ir
Web page address

Person responsible for scientific inquiries

Contact
Name of organization / entity
Shiraz University of Medical Sciences, School of Rehabilitation Sciences
Full name of responsible person
Fahimeh Kamali
Position
Associate Professor
Other areas of specialty/work
Street address
School of Rehabilitation Sciences, Abiverdi St. Chamran Blvd. Shiraz
City
Shiraz
Postal code
Phone
+98 71 3627 1551
Fax
Email
kamalif@sums.ac.ir
Web page address

Person responsible for updating data

Contact
Name of organization / entity
Shiraz University of Medical Sciences, School of Rehabilitation Sciences
Full name of responsible person
Fahimeh Kamali
Position
Associate Professor
Other areas of specialty/work
Street address
School of Rehabilitation Sciences, Abiverdi St. Chamran Blvd. Shiraz
City
Shiraz
Postal code
Phone
+98 71 3627 1551
Fax
Email
kamalif@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