

Clinical Trial Protocol

Iranian Registry of Clinical Trials

10 Jun 2026

Influence of Tai Chi exercise on the risk of fall and fear of falls among the elderly

Protocol summary

Summary

The effect of Tai Chi exercise on the risk of falls and fear of falling in the elderly Mashhad city (1) with the aim of reducing the risk of falls and fear of falling in the elderly was done. (2) The sample of 60 elderly men and women living in the community who are randomly selected and based on the permutation blocks were divided into two groups: normal activity and exercise Tai chi. Randomized, triple-blind. The four-time geriatric assessment (baseline, week 4, 8 and 10) by Research Associates conducted the previous score and older did not know. (3) 10 weeks of tai chi for seniors groups for three sessions per week and each session was an hour and a control group without the knowledge of the intervention group were engaged in daily activities. (4) Inclusion criteria important: over the age of 60 years, living in society, lack of practicing Tai Chi in the past 12 months, have mental alertness, lack of medical contraindications. exclusion criteria important: to the pathogenesis of serious or life-threatening emergency situation during exercise, inability to completion exercise program and participate in at least 20 sessions of Tai Chi. (5) Yang style Tai Chi intervention. (6) Fall risk assessment Was conducted by tool Berg and Device Detector Biodex balance and fear of falling Assessment Tool Fes-I.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2016120431234N1**
Registration date: **2017-01-28, 1395/11/09**
Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2017-01-28, 1395/11/09

Registrant information

Name

Mohammad reza yousefi

Name of organization / entity

Univercity of medical Bojnurd

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Recruitment status

Recruitment complete

Funding source

Vice chancellor for research,Bojnourd University of Medical Sciences & Investigator

Expected recruitment start date

2016-04-02, 1395/01/14

Expected recruitment end date

2016-05-09, 1395/02/20

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Influence of Tai Chi exercise on the risk of fall and fear of falls among the elderly

Public title

Influence exercise on falls

Purpose

Prevention

Inclusion/Exclusion criteria

Inclusion criteria: age over 60 years, living in society, lack of practicing Tai Chi in the past 12 months, have

mental alertness, lack of medical contraindications for exercise, lack of mental disorders such as dementia early damage, Parkinson's, and the ability to perform actions sports are. exclusion criteria: serious or emergency situation threatening disease during exercise, inability to complete the exercise program, a fundamental change in drug regimen or older and participation in Tai chi is at least 20 sessions.

Age

From **60 years** old to **79 years** old

Gender

Both

Phase

4

Groups that have been masked

No information

Sample size

Target sample size: **60**

Randomization (investigator's opinion)

Randomized

Randomization description

Blinding (investigator's opinion)

Triple blinded

Blinding description

Placebo

Not used

Assignment

Parallel

Other design features

Both groups were randomly divided into method permutation blocks and a control group without the knowledge of the exercise group continued with their normal lives.

Secondary Ids

1

Registry name

Bojnourd University of Medical Sciences

Secondary trial Id

REC.1394.86

Registration date

1394-11-22, 777/01-1213

Ethics committees

1

Ethics committee

Name of ethics committee

Ethics committee of Bojnourd University of Medical Sciences

Street address

Central Building University of Medical Sciences,
Boulevard Government

City

Bojnourd

Postal code

7487794149

Approval date

2016-02-09, 1394/11/20

Ethics committee reference number

IR.nkums.REC.1394.86

Health conditions studied

1

Description of health condition studied

Fall

ICD-10 code

W00-W19

ICD-10 code description

Fall on same level from slipping, tripping and stumbling

2

Description of health condition studied

Fear of Fall

ICD-10 code

F40.9

ICD-10 code description

Phobic anxiety disorder, unspecified

Primary outcomes

1

Description

Fall Risk

Timepoint

Before the intervention, the fourth week after the intervention, eight weeks after intervention and the end of the tenth week

Method of measurement

Berg and Biodex Balance

2

Description

Fear of fall

Timepoint

First, the end of the fourth week, the end of the eighth week of the study

Method of measurement

Fes-I

Secondary outcomes

empty

Intervention groups

1

Description

Intervention group: Tai Chi exercise A type of ancient Chinese exercise that incorporates four light and Yang style for 10 weeks and three sessions per week, each session an hour (A total of 30 one-hour sessions) were trained in the gym under the supervision of coach.

Category

Prevention

2

Description

Control group: Activities of daily living The control group without the knowledge of Tai Chi to their normal lives and did not do any specific exercise.

Category

Lifestyle

Recruitment centers

1

Recruitment center

Name of recruitment center

The number one Mashhad Health Center

Full name of responsible person

Dr. Zamani

Street address

Field of Farhang, Danesh Amoz 10, Boulevard Danesh Amoz, Boulevard Vakil Abad

City

Mashhad

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Vice chancellor for research,Bojnourd University of Medical Sciences

Full name of responsible person

Dr. Maghbolli

Street address

No. 36, Alley Mohaghar, Street South Beheshti

City

Bojnourd

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,Bojnourd 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

Bojnourd University of Medical Sciences

Full name of responsible person

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Position

Geriatric Nursing Graduate

Other areas of specialty/work

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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