Clinical Trial Protocol
Iranian Registry of Clinical Trials

22 Nov 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

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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

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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. Maghboli
Street address
No. 36, Alley Mohaghar, Street South Beheshti
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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

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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