Clinical Trial Protocol
Iranian Registry of Clinical Trials

22 Nov 2026

Effects of Wii Fit training on balance, confidence and quality of life on elderly population

Protocol summary

Study aim
Elderly population is expected to have balance problems and are at risk of fall. The study will assess the level of balance problems in elderly and effects of Wii Fit balance training on these subjects.

Design
A concealed, randomized, double blinded trial with 90 participants enrolled July and August 2018.

Settings and conduct
Study will be conducted at Physical Therapy department of Kulsum International hospital, Islamabad Pakistan. Participants and outcome assessor will be blinded in the study.

Participants/Inclusion and exclusion criteria
Vitally stable, physically independent subjects with age 60 years and above without any systemic, neurological or orthopedic disorders.

Intervention groups
Participants will receive Wii Fit training for 30 minutes three times a week for 8 weeks.

Main outcome variables
Activity balance confidence, Berg balance scale, Timed up and go, Fukuda, Euro 5D, 5L

General information

Reason for update

Acronym

IRCT registration information
IRCT registration number: **IRCT20180417039344N1**
Registration date: **2018-07-20, 1397/04/29**
Registration timing: **prospective**

Last update: **2018-07-20, 1397/04/29**
Update count: **0**

Registration date
2018-07-20, 1397/04/29

Registrant information

Name
Kiran Khushnood

Name of organization / entity
Shifa Tameer-e-Millat University

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Pakistan

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Recruitment status
Recruitment complete

Funding source

Expected recruitment start date
2018-07-31, 1397/05/09

Expected recruitment end date
2018-08-30, 1397/06/08

Actual recruitment start date
empty

Actual recruitment end date
empty

Trial completion date
empty

Scientific title
Effects of Wii Fit training on balance, confidence and quality of life on elderly population

Public title
Wii Fit training in elderly population

Purpose
Health service research

Inclusion/Exclusion criteria

Inclusion criteria:
Physically independent individuals above 60 years of age without any serious systemic pathology or recent injury
Vitally stable

Exclusion criteria:
Subjects with any type of neurological or orthopedic

disorder

Age

From **60 years** old

Gender

Both

Phase

1

Groups that have been masked

- Participant
- Outcome assessor

Sample size

Target sample size: **90**
More than 1 sample in each individual
Number of samples in each individual: **2**
Before and after provision of intervention in both groups
Actual sample size reached: **83**
More than 1 sample in each individual
Actual sample size in each individual: **2**
Before and after application of intervention

Randomization (investigator's opinion)

Randomized

Randomization description

Randomization will be by sealed envelop. Concealed allocation

Blinding (investigator's opinion)

Double blinded

Blinding description

Participants of both control and experimental group as well as the person who will assess the outcomes before and after application of intervention.

Placebo

Not used

Assignment

Other

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Ethical Committee, Kulsum International Hospital, Islamabad

Street address

2020 Kulsum Plaza

City

Islamabad

Postal code

44000

Approval date

2018-07-14, 1397/04/23

Ethics committee reference number

KIH-EC-PT-002

Health conditions studied

1

Description of health condition studied

Elderly population

ICD-10 code

geriatrics

ICD-10 code description

Elderly population

Primary outcomes

1

Description

Balance

Timepoint

Before intervention and after 8 weeks post intervention

Method of measurement

Berg balance scale, Timed up and go test, Fukuda scales will be used for balance assessment

2

Description

Confidence level

Timepoint

before and post 8 weeks of intervention

Method of measurement

Activity balance confidence scale

3

Description

Quality of life

Timepoint

before and post 8 weeks of intervention

Method of measurement

Euro 5D-5L

Secondary outcomes

empty

Intervention groups

1

Description

Intervention group: Wii Fit balance training

Category

Rehabilitation

2

Description

Control group: Balance training exercises including tandem walking, one leg stance, side ways walking, walking with alternative arm raise

Category

Rehabilitation

Recruitment centers

1

Recruitment center
Name of recruitment center
Physical therapy department, Kulsum International hospital
Full name of responsible person
Riafat Mehmood
Street address
2020 Kulsum Plaza
City
Islamabad
Postal code
44000
Phone
+92 51 8446666
Email
kirankhushnood@yahoo.com

Sponsors / Funding sources

1

Sponsor
Name of organization / entity
Self
Full name of responsible person
Kiran Khushnood
Street address
House 40A, Street 39B, I-9/4
City
Islamabad
Postal code
44000
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+92 51 8464215
Email
kirankhushnood@yahoo.com
Grant name
Grant code / Reference number
Is the source of funding the same sponsor organization/entity?
Yes
Title of funding source
Self
Proportion provided by this source
100
Public or private sector
Private
Domestic or foreign origin
Domestic
Category of foreign source of funding
empty
Country of origin
Type of organization providing the funding
Persons

Person responsible for general inquiries

Contact
Name of organization / entity
Shifa Tammer-e-Millat University, Islamabad
Full name of responsible person
Kiran Khushnood
Position
Lecturer
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Person responsible for updating data

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Sharing plan

Deidentified Individual Participant Data Set (IPD)

Yes - There is a plan to make this available

Study Protocol

Yes - There is a plan to make this available

Statistical Analysis Plan

Yes - There is a plan to make this available

Informed Consent Form

Yes - There is a plan to make this available

Clinical Study Report

Not applicable

Analytic Code

Not applicable

Data Dictionary

Not applicable

Title and more details about the data/document

Wii Fit training in elderly population; data regarding outcome measures will be shared.

When the data will become available and for how long

After completion to one year post completion

To whom data/document is available

for research and clinical purposes to healthcare professional working in academic and clinical settings

Under which criteria data/document could be used

Data will be provided to health care professionals specially physical therapists

From where data/document is obtainable

From email Id; kirankhushnood@yahoo.com

What processes are involved for a request to access data/document

by sending an email to email to kirankhushnood@yahoo.com

Comments