Clinical Trial Protocol
Iranian Registry of Clinical Trials

22 Nov 2026

The surveying of effect of tai-chi chuan exercise on the balance status of the elderly men

Protocol summary

Study aim
Effect of Tai-Chi Chuan exercise on balance status of elderly men in Kashan in 2020

Design
Clinical trial with control group, no parallel group, without blinding, randomized, sample size 40

Settings and conduct
This study will be performed on 40 elderly people in Kashan`s Akramian Clinic in 2020. After selecting the samples according to the inclusion criteria and dividing them into two control and intervention groups, the intervention group will receive Tai-Chi exercises within 10 weeks.

Participants/Inclusion and exclusion criteria
inclusion criteria: The elderly over 60; Able to do Tai Chi exercise; Unexplained stroke; Unrecognized hearing and visual impairment; Resident of Kashan; Elderly not participating in similar studies; Willingness to cooperate; Lack of physical disability; Score below 25 from Fullerton Tool؛ No sleeping medication daily exclusion criteria: Withdrawal from attendance; Absence of more than two sessions; Election; Hospitalization; Acute and severe physical illness during study; Prescription of persistent sleep medications

Intervention groups
Intervention group: The group that will practice Tai Chi Chuan 2 sessions per week for 10 weeks. Control group: The control group will not receive any intervention from the research team.

Main outcome variables
The main outcome variable is improvement in the balance of the elderly. The researcher will use the Fullerton tool to assess the balance state. The checklist has 10 items that are assigned 0 to 4 points per item. The score from this checklist will be between zero and forty and the cut-off point for this balance will be 25.

General information

Reason for update
Acronym
IRCT registration information
IRCT registration number: **IRCT20200108046058N1**
Registration date: **2020-02-02, 1398/11/13**
Registration timing: **registered_while_recruiting**

Last update: **2020-02-02, 1398/11/13**
Update count: **0**

Registration date
2020-02-02, 1398/11/13

Registrant information
Name
Hamid gholami alavi
Name of organization / entity
Country
Iran (Islamic Republic of)
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+98 31 5522 3010
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gholami-h@kaums.ac.ir

Recruitment status
Recruitment complete
Funding source

Expected recruitment start date
2020-01-30, 1398/11/10
Expected recruitment end date
2020-03-20, 1399/01/01
Actual recruitment start date
empty
Actual recruitment end date
empty
Trial completion date
empty

Scientific title

The surveying of effect of tai-chi chuan exercise on the balance status of the elderly men

Public title
The surveying of effect of tai-chi chuan on the balance status
Purpose
Supportive
Inclusion/Exclusion criteria
Inclusion criteria:
elderly men over 60 years Be able to do Tai Chi exercise Not having a history of brain stroke and other diseases that affect balance Lack of corrected visual and hearing impairment Resident of Kashan Elderly not participating in similar studies Willingness to cooperate Lack of physical disability Earn a score below 25 from the Fullerton scale Patients who do not take sleeping pills daily
Exclusion criteria:
Withdraw from attendance Absent more than 2 sessions of workouts Hospitalization Acute and severe physical illnesses during the study Prescription of permanent hypnotic medications
Age
From **60 years** old
Gender
Male

Phase
N/A
Groups that have been masked
No information
Sample size
Target sample size: **40**
Randomization (investigator's opinion)
Randomized
Randomization description
Samples will be selected from the clients according to the inclusion criteria in an accessible and easy manner and then randomly assigned to the experimental and control groups And a written consent is obtained from them. In addition, random allocation of the elderly to the two groups of experimental and control will be done using quadruple random blocks method. (The first 6 blocks are assigned and numbered 1 to 6. Subsequently these blocks plus duplicates of blocks 1 to 4 Regularly stacked together to achieve 10 blocks <40 cases>)
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 Kashan University of Medical Sciences
Street address
ayatollah yasrebi street، Alley of Martyr Podat, No. 12
City
kashan
Province
Isfehan
Postal code
8716863856
Approval date
2019-12-21, 1398/09/30
Ethics committee reference number
IR.KAUMS.NUHEPM.REC.1398.056

Health conditions studied

1

Description of health condition studied
tai-chi chuan exercise
ICD-10 code
ICD-10 code description

2

Description of health condition studied
balance status
ICD-10 code
ICD-10 code description

Primary outcomes

1

Description
Percentage of people with a Fullerton instrument score above 25
Timepoint
Measurement of balance status at baseline (before intervention) and end of study
Method of measurement
Fullerton Advanced Balance Scale

Secondary outcomes

empty

Intervention groups

1

Description
Intervention group: During a briefing session, research tips for the elderly in the intervention group will be described. After pre-test for all participants, the intervention group in a group under the supervision of a specialist instructor and researcher will do selected Tai

Chi Kung exercises (Tai Chi Chuan exercise is a type of traditional Chinese exercise that involves physical activity and cognitive control, performed individually or in groups.The principles of Tai Chi Kung include soft and slow movements and special attention to relaxation) for 10 weeks, 2 sessions per week and 30-40 minutes each session in Kashan akramian Clinic. Each exercise session consists of 5 minutes of warm-up, 20 minutes of Tai Chi exercises and 5 minutes of cool-down. Every workout session in elementary program sessions is 30 minutes and the final sessions will increase to 40 minutes.

Category

Rehabilitation

2

Description

Control group: The control group will not receive any intervention from the research team.

Category

N/A

Recruitment centers

1

Recruitment center

Name of recruitment center

Kashan Akramian clinic

Full name of responsible person

Javad Zarei

Street address

kashan, Fifteen khordad square, 22 Bahman Ave, Atoufi alley, Akramian clinic

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Kashan University of Medical Sciences

Full name of responsible person

Deputy of Research and Technology, Kashan University of Medical Sciences

Street address

Kashan University of Medical Sciences - Ravandi Boulevard - Kashan University of Medical Sciences - Kashan Ravandi Boulevard

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Phone

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Email

gholamy-h@kaums.ac.ir

Web page address

Grant name

Grant code / Reference number

Is the source of funding the same sponsor organization/entity?

Yes

Title of funding source

Kashan University of Medical Sciences

Proportion provided by this source

100

Public or private sector

Public

Domestic or foreign origin

Domestic

Category of foreign source of funding

empty

Country of origin

Type of organization providing the funding

Academic

Person responsible for general inquiries

Contact

Name of organization / entity

Kashan University of Medical Sciences

Full name of responsible person

Hamid Gholami alavi

Position

Student

Latest degree

Bachelor

Other areas of specialty/work

Nursery

Street address

12, Pudat Martyr Ave, Ayatollah Yasrebi Street, kashan

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Person responsible for scientific inquiries

Contact

Name of organization / entity

Kashan University of Medical Sciences

Full name of responsible person

Mansour Dianti

Position
Assistant Professor

Latest degree
Ph.D.

Other areas of specialty/work
Nursery

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Other areas of specialty/work
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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
No - There is not a plan to make this available

Informed Consent Form
No - There is not a plan to make this available

Clinical Study Report
Yes - There is a plan to make this available

Analytic Code
No - There is not a plan to make this available

Data Dictionary
No - There is not a plan to make this available

Title and more details about the data/document
Reporting of study findings in paper form and presentation at relevant conferences and congresses

When the data will become available and for how long
Start of access period 6 months after printing results

To whom data/document is available
Researchers working in academic and scientific institutions

Under which criteria data/document could be used
Reporting of study findings in paper form and presentation at relevant conferences and congresses

From where data/document is obtainable
Communication with Researcher (Hamid Gholami Alavi) Contact number: 00989223215093 Email: gholami-h@kaums.ac.ir

What processes are involved for a request to access data/document
If the request is sent by the applicant, it will finally be answered in about a week.

Comments