

Clinical Trial Protocol

Iranian Registry of Clinical Trials

11 Sep 2026

The Effect of Yoga Technique on Balance and Fear of Falling in Elderly People

Protocol summary

Summary

Background: Fall is the major health treat for older adults and has a significant impact on their well-being and quality of life. Fall among older adults is preventable and it is believed that the best way to avoid falling is through exercise. Objective: to determine the effect of yoga technique on balance and fear of falling in older adults visiting Jahandidegan center in Shiraz-Iran 2010. Material and methods: A preliminary study was conducted to validate the Modified fall efficacy scale (MFES) questionnaire for Iranian elderly. Then 60 people, including 24 men and 34 women, aged between 60-74 years, with MFES score less than 8 and Berg Balance Scale (BBS) score less than 45, were chosen for the survey. After completing the questionnaires, the participants were divided into three groups: Yoga, Training class and control. In yoga group each participant took part in two sessions per week for 8 weeks while the second group attended the fall prevention training classes. BBS and MFES questionnaires were completed immediately after intervention.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT201109127531N1**

Registration date: **2012-03-13, 1390/12/23**

Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2012-03-13, 1390/12/23

Registrant information

Name

Iran Jahanbin

Name of organization / entity

University of Medical Sciences Shiraz

Country

Iran (Islamic Republic of)

Phone

+98 917 313 7399

Email address

jahanbii@sums.ac.ir

Recruitment status

Recruitment complete

Funding source

Shiraz University of Medical Sciences

Expected recruitment start date

2011-04-04, 1390/01/15

Expected recruitment end date

2011-07-06, 1390/04/15

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The Effect of Yoga Technique on Balance and Fear of Falling in Elderly People

Public title

The Effect of Yoga Technique on Balance and Fear of Falling in Elderly People

Purpose

Prevention

Inclusion/Exclusion criteria

Inclusion criteria: age 60-74 years; having MFES score less than 8; Berg balance scale score less than 45; willing to participate in the study. Exclusion criteria: the absence in more than two yoga and training sessions; suffering from cognitive-neuro-muscular diseases or advanced osteoporosis; dizziness; using anticonvulsive, narcoleptics or sedative drugs; dependence on the

walking aids; acute pain preventing to do related exercises or attending in the yoga classes.

Age

From **60 years** old to **74 years** old

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **60**

Randomization (investigator's opinion)

Randomized

Randomization description

Blinding (investigator's opinion)

Double blinded

Blinding description

Placebo

Not used

Assignment

Parallel

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Vice chancellor for research, Shiraz university of medical sciences

Street address

Shiraz university of medical sciences, Zand blvd

City

Shiraz

Postal code

Approval date

2011-04-18, 1390/01/29

Ethics committee reference number

3422/04/9/ص/90/ب

Health conditions studied

1

Description of health condition studied

balance

ICD-10 code

G37

ICD-10 code description

other demyelinating diseases of central nervous system

Primary outcomes

1

Description

balance

Timepoint

8 weeks

Method of measurement

Berg Balance Scale

Secondary outcomes

1

Description

Fear of falling

Timepoint

8 weeks

Method of measurement

Modified falls efficacy scale (MFES)

Intervention groups

1

Description

yoga classes in two sessions per week for 8 weeks

Category

Prevention

2

Description

training classes

Category

Prevention

Recruitment centers

1

Recruitment center

Name of recruitment center

Jahandidegan center

Full name of responsible person

Street address

City

Shiraz

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Shiraz University of medical sciences

Full name of responsible person

Dr. Gholamreza Hatam

Street address

Shiraz university of medical sciences, Zand blvd

City

Shiraz

Grant name

Grant code / Reference number
Is the source of funding the same sponsor organization/entity?

Yes

Title of funding source

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

Full name of responsible person

Narjes Nick

Position

Graduate student

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