Clinical Trial Protocol
Iranian Registry of Clinical Trials

08 Nov 2026

The effect of Tai chi chuan on Depression and Anxiety level among elderly women who are the members of Tehrans Industry oil retiress club

Protocol summary

Summary

purpose of study: Determine the effect of Tai chi chuan exercise on Depression and Anxiety level among elderly women who are the member of Tehran s industry oil retirees club . Study Design: Quasi experimental ; two group (Intervention and Control); randomized; before and after study. Inclusion criteria: Age over 60; Absence of sensory and motor disabilities; Lean to participate in the study; Geriatric depression scale score above 8. Exclusion criteria: appearance of pain or other physical or mental problems that prevent the intervention; disinclination to continue the exercise program.Target sample size: 60 elderly women were divided randomly into 2 group (intervention and control). 29 persons were in intervention group and 31 persons in control group. Intervention: Practice Tai Chi Chuan exercise(yang style) ; 8 weeks; 3 times a week; 45-60 minutes. Geriatric depression and Spielberger anxiety questioners were completed before and after intervention.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2015020420955N1**
Registration date: **2015-07-26, 1394/05/04**
Registration timing: **retrospective**

Last update:
Update count: **0**

Registration date

2015-07-26, 1394/05/04

Registrant information

Name

Zahra Khesali

Name of organization / entity

University of Social Welfare and Rehabilitation Sciences

Country

Iran (Islamic Republic of)

Phone

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Email address

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Recruitment status

Recruitment complete

Funding source

Investigator

Expected recruitment start date

2014-12-22, 1393/10/01

Expected recruitment end date

2015-02-20, 1393/12/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effect of Tai chi chuan on Depression and Anxiety level among elderly women who are the members of Tehrans Industry oil retiress club

Public title

The effect of Tai chi chuan on Depression and Anxiety level among elderly women

Purpose

Prevention

Inclusion/Exclusion criteria

Inclusion criteria: Age over 60; Lean to participate in the study; Absence of sensory and motor disabilities; Cognition health(according to Abbreviate Mental test: score above 7); Ability to speak and understand Persian; Recently no Tai chi exercise; Not taking anti -anxiety and depression drugs; Geriatric depression scale score above 8 Inclusion criteria: Inability to participate in the weekly

schedule; appearance of pain or other physical or mental problems that prevent the intervention; disinclination to continue the exercise program.

Age
From **60 years** old to **80 years** old

Gender
Female

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)
Not blinded

Blinding description

Placebo
Not used

Assignment
Parallel

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee
University of Social Welfare and Rehabilitation Sciences Ethics Committee

Street address
kodakyar Ave., daneshjo Blvd.,Evin

City
Tehran

Postal code

Approval date
2014-12-09, 1393/09/18

Ethics committee reference number
USWR.REC.1393.176

Health conditions studied

1

Description of health condition studied
Depression-Anxiety

ICD-10 code
F 32.0،F41

ICD-10 code description
Mild depression episode،Anxiety disorder unspecified

Primary outcomes

1

Description
Depression

Timepoint
Before and after intervention

Method of measurement
Geriatric Depression Scale

2

Description
Anxiety

Timepoint
Before and after intervention

Method of measurement
Espielberger stste Anxiety inventory

Secondary outcomes

empty

Intervention groups

1

Description
Control group: no action

Category
N/A

2

Description
Intervention group: practice of short forms exercise of Tai Chi Chuan, Yang style, 8 weeks,3 times in week، 45-60 minutes.

Category
Prevention

Recruitment centers

1

Recruitment center

Name of recruitment center
Tehran Industry Oil Retiress club

Full name of responsible person

Street address

City
Tehran

Sponsors / Funding sources

1

Sponsor

Name of organization / entity
University of Social Welfare and Rehabilitation Sciences

Full name of responsible person
Zahra Khesali

Street address
Koodakyar Ave, Daneshjoo Blv, Evin
City
Tehran
Grant name
Grant code / Reference number
Is the source of funding the same sponsor organization/entity?
Yes
Title of funding source
University of Social Welfare and Rehabilitation 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