Clinical Trial Protocol
Iranian Registry of Clinical Trials

07 Nov 2026

The effect of the mountain exercise on the Quality of life of the schizophrenic patients who refer to Sina psyichiatric hospital.

Protocol summary

Summary

The aim of this study was to investigate the effect of mountain training on quality of life of the schizophrenia patient that refers to Sina hospitals in Jooneghan. 46 schizophrenia patients were randomly assigned to participate in a mountain exercise program for three months that include 90 sessions and each session include 60 minutes or receive routine cares. Primary outcome was quality of life and secondary outcome was the situation of patients.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT138903032861N5**
Registration date: **2010-06-28, 1389/04/07**
Registration timing: **retrospective**

Last update:
Update count: **0**

Registration date

2010-06-28, 1389/04/07

Registrant information

Name

Reza Masoodi

Name of organization / entity

Nursing department, Shahrekord University of Medical Science,

Country

Iran (Islamic Republic of)

Phone

+98 38 1333 5654

Email address

masoodi@skums.ac.ir

Recruitment status

Recruitment complete

Funding source

Shahrekord University of Medical Sciences and Health Services

Expected recruitment start date

2010-04-21, 1389/02/01

Expected recruitment end date

2010-05-23, 1389/03/02

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effect of the mountain exercise on the Quality of life of the schizophrenic patients who refer to Sina psyichiatric hospital.

Public title

The effect of the mountain exercise on the Quality of life of the schizophrenic patients who refer to Sina psyichiatric hospital.

Purpose

Supportive

Inclusion/Exclusion criteria

Inclusion criteria: Presence of chronic Schizophrenia, willingness to participation, ability to do mountain training under physician order Exclusion criteria: past history of participating in an exercise program for rehabilitation of mental problem, other physical problems

Age

From **15 years** old to **60 years** old

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **46**

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
Shahrekord University of Medical Sciences and Health Services

Street address
Nursing department, Nursing and midwifery college, Rahmatie, Shahrekord,

City
Shahrekord

Postal code
8813833435

Approval date
2009-12-03, 1388/09/12

Ethics committee reference number
1223/پ.م

Health conditions studied

1

Description of health condition studied
Schizophrenia

ICD-10 code
F20

ICD-10 code description
Schizophrenia, schizotypal and delusional disorders

Primary outcomes

1

Description
Quality of Life of schizophrenia patients

Timepoint
3 and 6 months after intervention

Method of measurement
Specific questionnaire

Secondary outcomes

1

Description
Rehabilitation of Disease symptom

Timepoint
3 and 6 months after intervention

Method of measurement
Specific Questionnaire

Intervention groups

1

Description
Mountain exercise for three months and 90 sessions, each sesions include 60 minutes

Category
Rehabilitation

2

Description
Routin activities

Category
N/A

Recruitment centers

1

Recruitment center

Name of recruitment center
Sina center in Shahrekord University of Meical Sciences

Full name of responsible person
Reza Masoodi

Street address
Nursing department, Nursing and midwifery college, Rahmatie, Shahrekord,

City
Shahrekord

Sponsors / Funding sources

1

Sponsor

Name of organization / entity
Shahrekord University of Medical Sciences and Health Services,nursing and midwifery colleg, nursin d

Full name of responsible person
Reza Masoodi

Street address
Nursing department, Nursing and midwifery college, Rahmatie, Shahrekord,

City
Shahrekord

Grant name

Grant code / Reference number

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

Title of funding source
Shahrekord University of Medical Sciences and Health Services,nursing and midwifery colleg, nursin d
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

Person responsible for scientific inquiries

Contact
Name of organization / entity
Shahrekord University of Medical Sciences and Health Services
Full name of responsible person
Reza Masoodi
Position
Member of Faculty and Ph.D student in nursing
Other areas of specialty/work
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Person responsible for updating data

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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