

Clinical Trial Protocol

Iranian Registry of Clinical Trials

28 Jul 2026

Effect of Tai Chi Chuan on balance and quality of life in women with Multiple Sclerosis in Iran Multiple Sclerosis Society in 2012

Protocol summary

Summary

purpose of study: Determine the effect of Tai Chi Chuan on balance and quality of life in women with Multiple Sclerosis. Study Design: Quasi experimental-Two group (Intervention & Control)-Randomized-Before & after study. Inclusion criteria: women aged between 20 and 60 years, diagnosed with MS; Expanded Disability Status Scale (EDSS) score was last recorded in the patient's medical records equal to or less than 5/5; absence of other acute or chronic debilitating diseases, such as: pulmonary heart disease, musculoskeletal (joint replacement, etc.), mental or psychological problems (depression, cognitive impairment, etc.). Diagnostic criteria was patient medical records and patient self-expression; absence of pregnancy and signing the informed consent to participate in the study. Exclusion criteria: patients who met the study and inclusion criteria have not been; causing acute and severe recurrent of disease; if the patient began to practice other exercise and any reason that the patient refuse to cooperate. Target sample size: 34 patients. Intervention: Practice Tai Chi Chuan exercise. Date of intervention: Fall 2012. Duration: 12 Weeks, Twice a week. Outcomes: Measurement of balance & quality of life of MS patients.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2013021312466N1**

Registration date: **2013-03-06, 1391/12/16**

Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2013-03-06, 1391/12/16

Registrant information

Name

Elaheh Azimzadeh

Name of organization / entity

University of Social Welfare and Rehabilitation Science

Country

Iran (Islamic Republic of)

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Recruitment status

Recruitment complete

Funding source

University of Social Welfare and Rehabilitation Science

Expected recruitment start date

2012-06-21, 1391/04/01

Expected recruitment end date

2012-08-22, 1391/06/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Effect of Tai Chi Chuan on balance and quality of life in women with Multiple Sclerosis in Iran Multiple Sclerosis Society in 2012

Public title

Effect of Tai Chi Chuan on balance and quality of life in MS patients

Purpose

Supportive

Inclusion/Exclusion criteria

Inclusion criteria: women aged between 20 and 60 years, diagnosed with MS; Expanded Disability Status Scale

(EDSS) score was last recorded in the patient's medical records equal to or less than 5/5; absence of other acute or chronic debilitating diseases, such as: pulmonary heart disease, musculoskeletal (joint replacement, etc.), mental or psychological problems (depression, cognitive impairment, etc.). Diagnostic criteria was patient medical records and patient self-expression; absence of pregnancy and signing the informed consent to participate in the study. Exclusion criteria: patients who met the study and inclusion criteria have not been; causing acute and severe recurrent of disease; if the patient began to practice other exercise and any reason that the patient refuse to cooperate.

Age

From **20 years** old to **60 years** old

Gender

Female

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **34**

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

1985713834

Approval date

2012-01-11, 1390/10/21

Ethics committee reference number

24381

Health conditions studied**1****Description of health condition studied**

Multiple Sclerosis

ICD-10 code

G35, G36,

ICD-10 code description

Demyelinating diseases of the central nervous system

Primary outcomes**1****Description**

Balance

Timepoint

Before and after of intervention

Method of measurement

Berg Balance Scale (BBS)

2**Description**

Quality of Life

Timepoint

Before and after of intervention

Method of measurement

Multiple Sclerosis Quality of Life (MSQOL-54)

Secondary outcomes

empty

Intervention groups**1****Description**

Intervention group: training and practice of preliminary short forms and balance exercise of Tai Chi Chuan, Yang style, 12 weeks, Twice 90 minutes sessions per week.

Category

Rehabilitation

2**Description**

Control group: no action

Category

N/A

Recruitment centers**1****Recruitment center****Name of recruitment center**

Iran Multiple Sclerosis Society

Full name of responsible person**Street address****City**

Tehran

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

University of Social Welfare and Rehabilitation
Science

Full name of responsible person

Sahar Setayesh

Street address

kodakyar Ave., daneshjo Blvd.,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 Science

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**

University of Social Welfare and Rehabilitation
Science

Full name of responsible person

Kian Nourozi Tabrizi

Position

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Web page address

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