

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

15 Jul 2026

### Effects of massage therapy on glyceamic control (FBS & HBA1C) in women with type 2 diabetes

#### Protocol summary

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##### Summary

**Objective:** The study aimed to investigate the effects of massage therapy on glyceamic control (FBS, HBA1C) in women with diabetes at primary health care center in Iran. **Design:** The study population comprised fifty women. with type 2 diabetes selected by convenience sampling and then randomization was done using block random sampling which divided into control and test groups. The test group (25 patients) received massage 30 min, weekly for 10 sessions and the control group (25 patients) received standard care Glyceamic control indexes include (HbA1C, FBS) was measured at baseline, after 10 weeks of therapy with in groups and between groups.

##### Recruitment status

**Recruitment complete**

##### Funding source

Isfahan University of Medical Sciences

##### Expected recruitment start date

2012-09-22, 1391/07/01

##### Expected recruitment end date

2013-03-19, 1391/12/29

##### Actual recruitment start date

empty

##### Actual recruitment end date

empty

##### Trial completion date

empty

#### General information

##### Acronym

##### IRCT registration information

IRCT registration number: **IRCT2013072614168N1**

Registration date: **2013-09-20, 1392/06/29**

Registration timing: **retrospective**

Last update:

Update count: **0**

##### Registration date

2013-09-20, 1392/06/29

##### Registrant information

###### Name

Mahboobeh Ghasemipoor

###### Name of organization / entity

Isfahan University of Medical Sciences

###### Country

Iran (Islamic Republic of)

###### Phone

+98 31 2527 4698

###### Email address

##### Scientific title

Effects of massage therapy on glyceamic control (FBS & HBA1C) in women with type 2 diabetes

##### Public title

Effect of massage on blood glucose on diabetes

##### Purpose

Other

##### Inclusion/Exclusion criteria

Inclusion criteria were: women with type 2 diabetes and HbA1c of  $\geq 7\%$ , with oral anti-diabetic treatment were included Exclusion criteria were heart failure or renal failure, and insulin treatment for the type 2 diabetes.

##### Age

From **18 years** old to **55 years** old

##### Gender

Female

##### Phase

N/A

##### Groups that have been masked

No information

##### Sample size

Target sample size: **50**

**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**

Isfahan University of Medical Sciences

**Street address**

Hezar Jarib, Isfahan University of Medical Sciences

**City**

Isfahan

**Postal code**

Iran

**Approval date**

2013-02-16, 1391/11/28

**Ethics committee reference number**

392009

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

diabetes type 2

**ICD-10 code**

E 11

**ICD-10 code description**

non-insulin-dependent

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

HbA1C

**Timepoint**

per intervention and after

**Method of measurement**

percent i by auto analyzer

**2****Description**

FBS

**Timepoint**

before and after intervention

**Method of measurement**

mgr/dli by auto analyzer

**Secondary outcomes****1****Description**

HBA1C and FBS

**Timepoint**

before and after intervention

**Method of measurement**

percent and mg/dlit by auto analysore

**2****Description**

HBA1C and FBS

**Timepoint**

before and after intervention

**Method of measurement**

percent and mg/dlit with auto analyser

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

Intervention group:10 session massage therapy weekley  
30 minutes plus standard care Control group:standard  
care in diabetes center

**Category**

Other

**2****Description**

Intervention group:massage therapy weekly at 30  
minutes in ten sesions Control group:standard care of  
diabetes center

**Category**

Treatment - Other

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

Imam Sajad diabetes center

**Full name of responsible person**

Ghasemipoor

**Street address**

Isfahan Nursing and Miidwifery School

**City**

Isfahan

**2****Recruitment center****Name of recruitment center**

Imam Sajad diabetes center

**Full name of responsible person**  
Ghasemipoor  
**Street address**  
Isfahan Nursing and Midwifery School  
**City**  
Isfahan

## Sponsors / Funding sources

### 1

#### Sponsor

**Name of organization / entity**  
Isfahan University of Medical Science  
**Full name of responsible person**  
Maryam Kianpour  
**Street address**  
Isfahan University and Midwifery School  
**City**  
Isfahan

#### Grant name

**Grant code / Reference number**  
392009

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

#### Title of funding source

Isfahan University of Medical 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**  
Isfahan University of Medical Sciences  
**Full name of responsible person**  
Ghasemipoor Mahboobeh  
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#### Web page address

## Person responsible for scientific inquiries

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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*