

Clinical Trial Protocol

Iranian Registry of Clinical Trials

17 Sep 2026

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

Protocol summary

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.

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

ghasemipoor@nm.mui.ac.ir

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

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
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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
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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
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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