Clinical Trial Protocol
Iranian Registry of Clinical Trials

16 Sep 2026

Investigashion of the effect of core stability exercises on balance parameters in type 2 diabetic patients

Protocol summary

Summary

The main purpose of this study is to investigate the effect of core stability exercises on the balance in patients with type II diabetes who are residents of Semnan city. This study is randomized, non placebo drug control, single centric and single RCT. Participants in this study are the people who have been suffering from diabetics type II for at least five years. Their diabetics has been under control through out theses years. From other side, people with problems such as epilepsy, migraine, vertigo, cardio-vascular, renal system and liver disorders were exclusively rolled out of the study. Firstly participants's balance was measured by Force Plate device, then they were randomly divided into intervention and control groups. Participants in intervention group went through a six weeks core stability exercise for three times per week supervised by a physical therapist. At the end, all participants in two groups remeasured balance-wise.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2014080818727N1**
Registration date: **2014-12-18, 1393/09/27**
Registration timing: **registered_while_recruiting**

Last update:
Update count: **0**

Registration date

2014-12-18, 1393/09/27

Registrant information

Name

Alaleh Fardipour

Name of organization / entity

Semnan University of Medical Science

Country

Iran (Islamic Republic of)

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Recruitment status

Recruitment complete

Funding source

vice chancellor for research, Semnan University of Medical Science

Expected recruitment start date

2014-11-16, 1393/08/25

Expected recruitment end date

2014-12-27, 1393/10/06

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Investigashion of the effect of core stability exercises on balance parameters in type 2 diabetic patients

Public title

Investigashion of the effect of core stability exercises on balance parameters in diabetic patients

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria: Suffering from diagnosed insulin independent diabetics type II by a specialized medical doctor for at least 5 years; The participant's diabetics should have been under control; Being in range of 40 to 60 years old. Exclusive criteria: Dependency to a type of axillary device and also other person for standing and mobility; suffering from one or each of Orthopedic disorders, Rheumatoid diseases, Foot ulcer, Neuropathy

(regardless of being dependent or independent to diabetics), Neuro-muscular disorders, retinopathy; involved by renal dysfunction and liver diseases; Affected by cardio-vascular disorders; Positive vital signs instability; Taking any medications which affect postural control; Having the history of vertigo; Having problems such as epilepsy and migraine; Professional athletics and even people with regular sport program.

Age
From **40 years** old to **60 years** old

Gender
Both

Phase
N/A

Groups that have been masked
No information

Sample size
Target sample size: **30**

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
Semnan University of Medical Science

Street address
Research Deputy, Semnan University of Medical Science, Basij Blvd.

City
Semnan

Postal code
0000

Approval date
2010-07-09, 1389/04/18

Ethics committee reference number
93/470218

2

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Research Deputy, Semnan University of Medical Science, Basij Blvd.

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Semnan

Postal code

Approval date
2014-07-09, 1393/04/18

Ethics committee reference number
93/470218

Health conditions studied

1

Description of health condition studied
diabetes mellitus

ICD-10 code
E10, E11,

ICD-10 code description
Type 2 diabetes mellitus

Primary outcomes

1

Description
Balance

Timepoint
Prior of intervention and 6 weeks after of intervention

Method of measurement
Force plate devise

Secondary outcomes

empty

Intervention groups

1

Description
interventional group: intervention is core stability exercise that included exercise increases stability of abdominal muscles and balance. pateints takes 3 sessions per week for 6 weeks.

Category
Treatment - Other

2

Description
control group: pateints don't take any exercise for 6 weeks.

Category
N/A

Recruitment centers

1

Recruitment center

Name of recruitment center
Neuromuscular Rehabilitation Research Center, Semnan University of Medical Science

Full name of responsible person

Alaleh Fardipour
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Unit 12, NO.38, middle of 11 avenue and 13 avenue, Khosro Parviz avenue, Tehransar
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Sponsors / Funding sources

1

Sponsor
Name of organization / entity
Semnan University of Medical Science
Full name of responsible person
Dr Abdolhamid Hajihasani
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Grant name
Grant code / Reference number
Is the source of funding the same sponsor organization/entity?
Yes
Title of funding source
Semnan 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
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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