

Clinical Trial Protocol

Iranian Registry of Clinical Trials

22 Jun 2026

Investigation 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 diabetes type II for at least five years. Their diabetes has been under control through out these 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

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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

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

Public title

Investigation 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 diabetes type II by a specialized medical doctor for at least 5 years; The participant's diabetes 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

Ethics committee

Name of ethics committee

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

City

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

Street address

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 Hajjhasani

Street address

Semnan University of Medical Science

City

Semnan

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

Name of organization / entity

Semnan University of Medical Science

Full name of responsible person

Alaleh Fardipour

Position

MS Student in Physical Therapy

Other areas of specialty/work

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Other areas of specialty/work

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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