Clinical Trial Protocol
Iranian Registry of Clinical Trials

27 Sep 2026

Movement dysfunctions among female employees and effects of core stability trainings on their motor function and balance.

Protocol summary

Summary

Objective: Determining the effects of core stability trainings on movement dysfunctions and balance situation among working women. Design: This study is a Clinical trial (second phase).Participants receive the same intervention, before and 12 weeks after the intervention but with no control group. The study population is defined as female workers working in Imam Khomeini Hospital complex, Tehran University of Medical Sciences. Sample size included 50 women. In this single-center study, there is no need to blinding and randomization. Setting and conduct: participants will perform screening test, Y Balance test, and modified t test before starting clinical interventions. Then each of the study samples will receive appropriate training program, based on her physical condition. After performing the training program, screening test, Y Balance test, and modified t test will be re-evaluated. The main criteria for inclusion: In this study being a female worker between 30- 50 years old considered as inclusion criteria. Exclusion criteria: A history of injuries or surgeries on the trunk and lower extremities in the past year Intervention or interventions: Performing core stability trainings (including: agility, balance) for 12 weeks. The duration of clinical interventions: 12 weeks. Primary studied outcome or outcomes: The frequency of movement dysfunctions, evaluating balance and agility before and 12 weeks after performing core stability trainings.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2016090619054N2**
Registration date: **2016-10-10, 1395/07/19**
Registration timing: **prospective**
Last update:
Update count: **0**

Registration date

2016-10-10, 1395/07/19

Registrant information

Name
Seyedeh Shohreh Alavi
Name of organization / entity
Tehran University of Medical Sciences
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Iran (Islamic Republic of)
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Recruitment status

Recruitment complete

Funding source

Vice- chancellor for research,Tehran University of Medical Sciences.

Expected recruitment start date

2016-12-21, 1395/10/01

Expected recruitment end date

2017-07-23, 1396/05/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Movement dysfunctions among female employees and effects of core stability trainings on their motor function and balance.

Public title

Movement dysfunctions

Purpose

Prevention

Inclusion/Exclusion criteria

Inclusion criteria: women aged between 30 to 50 years
Exclusion criteria: a history of injuries or surgeries on the trunk and lower extremities in the past year

Age

From **30 years** old to **50 years** old

Gender

Female

Phase

2

Groups that have been masked

No information

Sample size

Target sample size: **50**

Randomization (investigator's opinion)

N/A

Randomization description

Blinding (investigator's opinion)

Not blinded

Blinding description

Placebo

Not used

Assignment

Single

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Ethics Committee of Tehran University of Medical Sciences

Street address

The central building of Tehran University of Medical Sciences , Qods street, Keshavarz Blvd, Tehran, Iran

City

Tehran

Postal code

Approval date

2016-09-03, 1395/06/13

Ethics committee reference number

IR.TUMS.VCR.REC.1395.538

Health conditions studied

1

Description of health condition studied

Mosuloskeletal disorders

ICD-10 code

-

ICD-10 code description

-

Primary outcomes

1

Description

Movement dysfunctions

Timepoint

Pre intervention and 12 weeks after it

Method of measurement

Functional movement Screening test

Secondary outcomes

1

Description

Agility

Timepoint

Pre intervention and 12 weeks after it

Method of measurement

Modified t test

2

Description

Balance

Timepoint

Pre intervention and 12 weeks after it

Method of measurement

Y Balance test

Intervention groups

1

Description

This study is an interventional study with no control group.The interventions for all participants included exercise training programs (core stability trainings). Modified t test, Y balance test and functional movement screening test are utilized to identify movement dysfunctions.Participants' training programs varies based on their Physical conditions. Samples perform their exercises 3 times a week during 12 weeks. Each session lasts approximately one hour.

Category

Prevention

Recruitment centers

1

Recruitment center

Name of recruitment center

Emam Khomeini Hospital Complex

Full name of responsible person

Dr. Seyedeh Shohreh Alavi

Street address

1,Enayat Alley, Pursina Ave,16 Azar St,Keshavarz Blvd, Tehran, Iran

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity
vice- chancellor for research of Tehran University of Medical Sciences

Full name of responsible person
Dr Masoud Yunesian

Street address
vice- chancellor for research of Tehran University of Medical Sciences, 6th floor, Qods street, Keshavarz Blvd, Tehran, Iran

City
Tehran

Grant name
-

Grant code / Reference number
-

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

Title of funding source
vice- chancellor for research of Tehran University of Medical Sciences

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
Tehran University of Medical Sciences

Full name of responsible person
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Position
Research expert/Bachelor

Other areas of specialty/work

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Person responsible for scientific inquiries

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Researcher /PhD in Distance Education planning

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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