Clinical Trial Protocol
Iranian Registry of Clinical Trials

04 Aug 2026

The effects of 10-week core stability training on balance and quality of life in female with Multiple Sclerosis with emphasis on Expanded Disability Status Scale.

Protocol summary

Summary

In the research literature the effect of 10-week core stability training were explored on balance and quality of life in female with Multiple Sclerosis with emphasis on Expanded Disability Status Scale (EDSS). There were not found any evidences that study the efficacy of core stability training on movement performance of MS patients. So the aim of this study is to examine the effects of 10-week core stability training on balance (dynamic and static) and quality of life in female with Multiple Sclerosis with emphasis on EDSS. 72 participants are divided in to three groups (2/5≤EDSS<3/5, 3/5≤EDSS<4/5 and 4/5≤EDSS≤5/5). Then, participants are divided into control and experimental subgroups randomly. A pretest and posttest are taken in order to measure balance and Quality of life respectively, Biodex Balance System (BBS) and MSQOL-54. It should be noted that these tests are valid and reliable.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2015051022194N1**
Registration date: **2015-07-24, 1394/05/02**
Registration timing: **retrospective**

Last update:
Update count: **0**

Registration date

2015-07-24, 1394/05/02

Registrant information

Name

Mansour Sahebozamani

Name of organization / entity

Shahid Bahonar University

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Recruitment status

Recruitment complete

Funding source

Neurology Research Center, Kerman University of Medical Sciences; Shahid Bahonar University of Kerman

Expected recruitment start date

2015-04-21, 1394/02/01

Expected recruitment end date

2015-06-22, 1394/04/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effects of 10-week core stability training on balance and quality of life in female with Multiple Sclerosis with emphasis on Expanded Disability Status Scale.

Public title

The effects of core stability training on balance and quality of life in female with Multiple Sclerosis with emphasis on Expanded Disability Status Scale.

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria: the MS patients confirmed by MS committee of Kerman University of Medical Sciences; EDSS between 2.5 and 5.5; all of them belong to

relapsing remitting MS group; age between 23 and 40 years old; new clinical attack during 2 months prior to the study. Exclusion criteria: pregnancy; suffering from other diseases.

Age
From **23 years** old to **40 years** old

Gender
Female

Phase
N/A

Groups that have been masked
No information

Sample size
Target sample size: **72**

Randomization (investigator's opinion)
N/A

Randomization description

Blinding (investigator's opinion)
Single blinded

Blinding description

Placebo
Not used

Assignment
Single

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee
Neurology Research Center- Kerman University of medcal sciences

Street address
Deputy of Research, Kerman University of medical sciences, Somayeh Cross way, Kerman

City
Kerman

Postal code
7618751151

Approval date
2015-06-14, 1394/03/24

Ethics committee reference number
IR.KMU.REC.1394.121

Health conditions studied

1

Description of health condition studied
Multiple sclerosis

ICD-10 code
G35

ICD-10 code description
Demyelinating diseases of the central nervous system

Primary outcomes

1

Description
static balance

Timepoint
pretest and postest

Method of measurement
Biodex balance system

2

Description
dynamic balance

Timepoint
pretest and postest

Method of measurement
Biodex balance system

3

Description
Quality of life

Timepoint
pretest and postest

Method of measurement
MSQOL-54

Secondary outcomes

empty

Intervention groups

1

Description
Experimental group with 2/5≤EDSS<3/5: core stability training which is done 60 min three days a week during 10 weeks.

Category
Rehabilitation

2

Description
Control group with 2/5≤EDSS<3/5

Category
Rehabilitation

3

Description
Experimental group with 3/5≤EDSS<4/5 : core stability training which is done 60 min three days a week during 10 weeks.

Category
Rehabilitation

4

Description

Control group with 3/5≤EDSS<4/5

Category

Rehabilitation

5

Description

Experimental group with 4/5≤EDSS≤5/5: core stability training which is done 60 min three days a week during 10 weeks.

Category

Rehabilitation

6

Description

Control group with 4/5≤EDSS≤5/5

Category

Rehabilitation

Recruitment centers

1

Recruitment center

Name of recruitment center

Neurology Research Center- Kerman University of Medical Sciences

Full name of responsible person

Hossein Ali Ebrahimi

Street address

Neurology Research Center, Kerman University of Medical Sciences, Kosar Blvd, Kerman

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Deputy of Research -Kerman University of Medical Sciences

Full name of responsible person

Abbas Pardakhty

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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

Deputy of Research -Kerman 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

Neurology Research Center- Kerman University of medcal sciences

Full name of responsible person

Behnaz Sedighi

Position

Associate professor

Other areas of specialty/work

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Other areas of specialty/work

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Full name of responsible person
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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