

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 ($2/5 \leq \text{EDSS} < 3/5$, $3/5 \leq \text{EDSS} < 4/5$ and $4/5 \leq \text{EDSS} \leq 5/5$). 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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Iran (Islamic Republic of)

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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 medical 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 posttest

Method of measurement

Biodex balance system

2

Description

dynamic balance

Timepoint

pretest and posttest

Method of measurement

Biodex balance system

3

Description

Quality of life

Timepoint

pretest and posttest

Method of measurement

MSQOL-54

Secondary outcomes

empty

Intervention groups

1

Description

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

Category

Rehabilitation

2

Description

Control group with $2/5 \leq EDSS < 3/5$

Category

Rehabilitation

3

Description

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

Category

Rehabilitation

4

Description

Control group with $3/5 \leq \text{EDSS} < 4/5$

Category
Rehabilitation

5

Description
Experimental group with $4/5 \leq \text{EDSS} \leq 5/5$: core stability training which is done 60 min three days a week during 10 weeks.

Category
Rehabilitation

6

Description
Control group with $4/5 \leq \text{EDSS} \leq 5/5$

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 medical sciences

Full name of responsible person
Behnaz Sedighi

Position
Associate professor

Other areas of specialty/work

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Person responsible for scientific inquiries

Contact

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Position
Associate professor

Other areas of specialty/work

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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