Clinical Trial Protocol
Iranian Registry of Clinical Trials

21 Oct 2026

Effects of selected Tai Chi exercises and core stabilization exercises on balance and quality of life in multiple sclerosis patientswith emphasis on EDSS

Protocol summary

Summary

The aim of this Double-blind study (Blinding for groups of participants and the receiver test)will be the comparison of the effects of Tai Chi and core stability exercise on (static and dynamic) balance and quality of life in multiple sclerosis women with emphasis on EDSS. 72 women with multiple sclerosis with 1≤EDSS≤6 voluntarily participated in this study. Patients will be randomly divided into three groups (Tai Chi = 24 people, core stability=24 people, control=24 people). Then Each group will be divided into two subgroups(mild degree of disability and moderate degree of disability). Before the beginning of training, static and dynamic balance will be evaluated by the use of Biodex balancing machine gauge, and by the use of the quality of life questionnaire which contains 54 questions for multiple sclerosis patient, the quality of life of participants will be evaluated. The first intervention groups during 8 weeks (three times a week) will practice Tai Chi and the second innervation group in the same period, will participate in the core stability exercises . In this period, the control group will not experience any exercise. After training period, the balance (static and dynamic), stability and quality of life of participants will be re-evaluated.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2016012422194N2**
Registration date: **2016-08-04, 1395/05/14**
Registration timing: **retrospective**

Last update:
Update count: **0**

Registration date

2016-08-04, 1395/05/14

Registrant information

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Recruitment status

Recruitment complete

Funding source

Neurology Research Center, Kerman University of Medical Sciences

Expected recruitment start date

2015-03-20, 1393/12/29

Expected recruitment end date

2015-03-20, 1393/12/29

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Effects of selected Tai Chi exercises and core stabilization exercises on balance and quality of life in multiple sclerosis patientswith emphasis on EDSS

Public title

The effects of exercise therapy on improvement of symptoms of multiple sclerosis patients

Purpose

Supportive

Inclusion/Exclusion criteria

Inclusion criteria: Without any history of cardiovascular disease, Metabolical and epilepsy ؛ The definitive diagnosis of MS by the neurologist؛ At least has three periods of relapse and remission؛ not being pregnant؛ Has not done any exercise at least for three regular month؛ Willing to participate in the research project؛ At least last three month from the last MS attack ؛EDSS shold be between 1 to 6 . Exclusion criteria: MS relapse during treatment ؛ During intervention becomes pregnant؛ Exeret of intervention of patients medication should be change during 8 weeks.

Age
No age limit

Gender
Female

Phase
N/A

Groups that have been masked
No information

Sample size
Target sample size: **72**

Randomization (investigator's opinion)
Randomized

Randomization description

Blinding (investigator's opinion)
Double blinded

Blinding description

Placebo
Not used

Assignment
Parallel

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 and Technology of , Kerman University of Medical Sciences, Somayeh Cross way, Kerman

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Kerman

Postal code
7615747653

Approval date
2016-01-06, 1394/10/16

Ethics committee reference number
IR.KMU.REC.1394.455

Health conditions studied

1

Description of health condition studied
Multiple Sclerosis

ICD-10 code
G35

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

Primary outcomes

1

Description
Static balance

Timepoint
3 days before the begining of intervention and 3 days after the end of intervention

Method of measurement
Biodex

2

Description
Dynamic balance

Timepoint
3 days before the begining of intervention and 3 days after the end of intervention

Method of measurement
Biodex

3

Description
Quality of Life

Timepoint
3 days before the begining of intervention and 3 days after the end of intervention

Method of measurement
Questionnaire

Secondary outcomes

empty

Intervention groups

1

Description
8 Weeks tai chi exercise

Category
Rehabilitation

2

Description
8 Weeks core stability exercise

Category
Rehabilitation

3

Description
control group without any exercise
Category
Rehabilitation

Recruitment centers

1

Recruitment center
Name of recruitment center
Neurology Researcher Center, Kerman University of Medical Sciences
Full name of responsible person
Hossein Ali Ebrahimi
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Sponsors / Funding sources

1

Sponsor
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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 and Technology , 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

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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