

Clinical Trial Protocol

Iranian Registry of Clinical Trials

27 May 2026

An evaluation of the Effect of Iranian moderate Dalk (a kind of Iranian Massage) on Blood Glucose Control in diabetic Type 2 patients.

Protocol summary

Summary

This study is a randomized clinical trial that aimed to evaluate the dalk(A kind of Iranian massage) effect on type 2 diabetes mellitus. Subjects who are diabetic patients 35- 75 years old men enrolled for study. The patients randomly assigned to intervention and control groups equally 22 in each group. Inclusion criteria are including patients with type2 Diabetes that treating with oral anti-DM drugs; HBA1C more than 6.5% and less than 9%; male patients 35-70 years old; FBS more than 130 and less than 200 mg/dl; not in-taking anticoagulant drugs. Moreover, GFR less than 60 MI/mi (Glomerular Filtration Rate); increasing of ALT and AST level more than 3 time; Cr more than 2 mg/dl considered as exclusion criteria. The intervention groups will take Dalk massage and beside the current treatment. The control group will take only the routine treatment. The intervention would applied for patients in treatment group for 12 session in 8 weeks. Finally the outcome measures including FBS, HA1C, Insulin, TG, Cholesterol, AST and ALT were compared between two groups.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2017022032692N1**

Registration date: **2017-06-06, 1396/03/16**

Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2017-06-06, 1396/03/16

Registrant information

Name

Davood Bayat

Name of organization / entity

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Recruitment status

Recruitment complete

Funding source

Qom University of Medical Sciences

Expected recruitment start date

2017-02-26, 1395/12/08

Expected recruitment end date

2017-05-09, 1396/02/19

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

An evaluation of the Effect of Iranian moderate Dalk (a kind of Iranian Massage) on Blood Glucose Control in diabetic Type 2 patients.

Public title

The effect of dak;(iranian massage) on type 2 diabetes mellitus

Purpose

Treatment

Inclusion/Exclusion criteria

inclusion criteria: Patients with type2 Diabetes that treating with oral anti-DM drugs; HBA1C more than 6.5% and less than 9%; male patients 35-70 years old; FBS more than 130 and less than 200 mg/dl; Not in-taking anticoagulant drugs exclusion criteria: GFR less than than 60 MI/mi (Glomerular Filtration Rate); increasing

ofALT and AST level more than 3 time; Cr more than 2 mg/dl

Age

From **35 years** old to **75 years** old

Gender

Male

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **44**

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

The ethical committee of Qom University of Medical Sciences

Street address

Plaque 83, 4th Alley, 1/1 Lane, Safashar Street, Qom

City

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87366- 37169

Approval date

2017-02-11, 1395/11/23

Ethics committee reference number

IR.MUQ.REC.1395.147

Health conditions studied

1

Description of health condition studied

Diabetes Mellitus

ICD-10 code

E11

ICD-10 code description

Non-insulin-dependent diabetes mellitus

Primary outcomes

1

Description

FBS

Timepoint

At begining and middle and the end of intervention

Method of measurement

According to mg/dl of fasting blood glucose test

2

Description

HBA1C

Timepoint

At begining and middle and the end of intervention

Method of measurement

According to percent of HBA1C that report by laboratorist

Secondary outcomes

1

Description

HBA1C

Timepoint

before and the end of intervention

Method of measurement

blood test

2

Description

Triglyceride

Timepoint

After intervention

Method of measurement

Laboratory Tests

Intervention groups

1

Description

Intervention group has 16 sessions moderate dalk or Iranian massage during 2 months

Category

Treatment - Other

2

Description

Control group only evaluation of laboratory tests will be done

Category

Diagnosis

Recruitment centers

1

Recruitment center

Name of recruitment center

Zafar Clinic

Full name of responsible person

Dr Parham

Street address

Zafar's building, 7thTr Street, Shahrdari Square, Qom

City

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Qom University of Medical Sciences

Full name of responsible person

Dr Davod Bayat

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No 83 Plaque, 4thh Alley, 1/1 Alley, Safashahr Street,
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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

Qom 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

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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