Clinical Trial Protocol
Iranian Registry of Clinical Trials

18 Sep 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 Ml/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

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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 diabetus 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 Ml/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
Qom

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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 bulding, 7thTr Street, Shahrdari Square, Qom
City
Qom

Sponsors / Funding sources

1

Sponsor
Name of organization / entity
Qom University of Medical Sciences
Full name of responsible person
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No 83 Plaque, 4thh Alley, 1/1 Alley, Safashahr Street, Qom
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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

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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