

Clinical Trial Protocol

Iranian Registry of Clinical Trials

29 Jul 2026

Effect of Pilates training on attitude and quality of life in older women with diabetes mellitus type II Diabetes

Protocol summary

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Summary

This study is a clinical trial study. The aim of this study was to investigate the effects of Pilates exercises on attitude to diabetes and quality of life in elderly women with type 2 diabetes. The data gathering tool was a CASP19 questionnaire, a DAS-3 questionnaire, a demographic questionnaire, and a short-term ATMS test. Patients with a randomized allocation process are divided into two groups of control and intervention (in each group 18). Pilates training sessions will take 3 consecutive 60-minute sessions every week for eight weeks. There is no intervention in the control group. Attitudes to diabetes and quality of life are measured and recorded before and one week after the intervention.

Recruitment status

Recruitment complete

Funding source

Vice chancellor for research, Shahed University

Expected recruitment start date

2017-08-06, 1396/05/15

Expected recruitment end date

2017-09-06, 1396/06/15

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2017040833311N1**

Registration date: **2017-07-28, 1396/05/06**

Registration timing: **prospective**

Last update:

Update count: **0**

Registration date

2017-07-28, 1396/05/06

Registrant information

Name

Nilloofar Hassani

Name of organization / entity

Shahed University

Country

Iran (Islamic Republic of)

Phone

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Email address

Scientific title

Effect of Pilates training on attitude and quality of life in older women with diabetes mellitus type II Diabetes

Public title

Check Pilates training on attitude and quality of life in elderly women with diabetes mellitus type II

Purpose

Supportive

Inclusion/Exclusion criteria

Inclusion criteria: having at least 60 years of age; ability to respond to the questionnaire; having no history of Pilates exercises before and after entering the research; not having a history of acute heart disease and uncontrolled blood pressure; having no motor or joint problem; having no problem Sight, hearing and cognition (Obtaining a score of at least 7 from the AMTS questionnaire); Ability to do daily activities independently; at least one year of diabetes; the desire of the elderly to participate in research and the signing of consent; the approval of the physician to participate in Pilates exercises. Exclusion criteria: Failure to perform exercises and physical harm, including pain, Frequent blood glucose loss while exercising, with the opinion of a

partner physician in the study; Missing more than two sessions about participating in Pilates exercises; Refraining from continuing to collaborate with the research.

Age

From **59 years** old

Gender

Female

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **36**

Randomization (investigator's opinion)

Not 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

Shahed University Ethics Committee

Street address

Shahed University, In Fron of Holy Shrine of Imam Khomeini, Tehran-Qom Freeway Tehran, Iran.

City

Tehran

Postal code

3319118651

Approval date

2017-03-05, 1395/12/15

Ethics committee reference number

IR.Shahed.REC.1395.200

Health conditions studied

1

Description of health condition studied

Diabetes

ICD-10 code

E10,E14

ICD-10 code description

Diabetes mellitus

Primary outcomes

1

Description

Attitudes to diabetes

Timepoint

Before and one week after the intervention.

Method of measurement

Diabetes Attitude Scale DAS-3

Secondary outcomes

1

Description

Quality of life

Timepoint

Before and one week after the intervention.

Method of measurement

Quality of life assessment questionnaire dedicated CASP19

Intervention groups

1

Description

The control group received routine care clinic will be used for eight weeks.

Category

Other

2

Description

The intervention group program is as follows: exercises for eight weeks and three sessions per week, 60 minutes each session in two groups of 9 people, set up in a suitable indoor area for exercise, and auxiliary equipment for the safety of the elderly Including fences, chairs and flooring will be considered appropriate. It should be noted that the exercises are per-trained by the researcher and will be initially taught and supervised by a pediatric-educated expert in Pilates exercises.

Category

Other

Recruitment centers

1

Recruitment center

Name of recruitment center

Clinic Hussein

Full name of responsible person

Niloofar Hassani

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Between 14st and 15st Alley, Hafte tir St, Saeedi Sq , Qom

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2

Recruitment center

Name of recruitment center

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Full name of responsible person

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Shahed University Vice chancellor for research

Full name of responsible person

Dr. Parvin Rahnama

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Shahed University, In Fron of Holy Shrine of Imam
Khomeini, Tehran-Qom Freeway Tehran, Iran.

City

Tehran

Grant name

Grant code / Reference number

Is the source of funding the same sponsor organization/entity?

Yes

Title of funding source

Shahed University Vice chancellor for research

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

Shahed University

Full name of responsible person

Dr.Majideh Heravi

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