

Clinical Trial Protocol

Iranian Registry of Clinical Trials

11 Sep 2026

The effects of Pilates training on static and dynamic balance of deaf students

Protocol summary

Study aim

The purpose of this study the effects of Pilates training on static and dynamic balance of deaf students.

Design

In this study, 19 students who are deaf and Inclusion criteria of the study, the deaf school in Rasht city elected. The participants were randomly divided into experimental group (10 subjects) and a control group (9 subjects) is divided and each participant is assigned a code.

Settings and conduct

The current study is of clinical trial one aiming to the effects of Pilates training on static and dynamic balance of deaf students. It will be used the BESS test for static balance and the Y test (YBT) for dynamic balance.

Participants/Inclusion and exclusion criteria

The inclusion criteria: age of 11-19; hearing range of more than 75 db and avoidance of medicines that affect balance during research procedure. The exclusion criteria: avoidance of participating in the relevant sessions and not completing the length of training period; cardiovascular and respiratory disease.

Intervention groups

The experimental group has performed Pilates training, and the control group did not receive any exercise programs.

Main outcome variables

Rehabilitation of the Deaf - Improved balance in the deaf
- Improved postural control in the deaf.

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20170312033029N3**

Registration date: **2019-06-25, 1398/04/04**

Registration timing: **retrospective**

Last update: **2019-06-25, 1398/04/04**

Update count: **0**

Registration date

2019-06-25, 1398/04/04

Registrant information

Name

Hamed Zarei

Name of organization / entity

University of Guilan

Country

Iran (Islamic Republic of)

Phone

+98 81 3536 3540

Email address

zareei.hamed71@gmail.com

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2018-08-11, 1397/05/20

Expected recruitment end date

2018-10-23, 1397/08/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effects of Pilates training on static and dynamic balance of deaf students

Public title

The effect of the training program on the balance of deaf students

Purpose

Supportive

Inclusion/Exclusion criteria

Inclusion criteria:
 The inclination of participation in the research The refraining of tranquilizers or those with effects on balance The Lack of cochlear implantation The hearing range of more than 75 db. Avoidance of exercising or any intense activities during the research No lower limb damage background during the past 6 months or any neural or muscular complexities No eyesight disorder Lack of any status abnormalities effective in the procedure of the research (in the lower and upper limbs) Not surgical background in the past year Not a fracture in the upper and lower limbs a year prior to research Non-insulin-dependent diabetes Girls subjects

Exclusion criteria:
 Lack of participation in two sequential practice sessions or in three interrupted practice sessions The advent of Musculoskeletal pain after practice Students suffering from multiple disabilities Students cardiovascular and respiratory diseases Students articular system and orthopedic disorders including neck pain, backache, rheumatoid arthritis or the apparent difference in the length of the limbs

Age
 From **11 years** old to **19 years** old

Gender
 Female

Phase
 3

Groups that have been masked
No information

Sample size
 Target sample size: **19**
 More than 1 sample in each individual
 Number of samples in each individual: **1**
 In each person, the tests of static and dynamic balance are measured.

Randomization (investigator's opinion)
 Randomized

Randomization description
 Subjects are randomly assigned randomly with the help of a random number table in one of the two groups and receive intervention from the same group.

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
 Ethics committee of Institute of Physical Education

and Sport Sciences

Street address
 No. 3, 5th St., Mir Emad St., Motehari Ave., Tehran, Iran.

City
 Tehran

Province
 Tehran

Postal code
 1587958711

Approval date
 2018-07-31, 1397/05/09

Ethics committee reference number
 IR. SSRC. REC. 1398. 034

Health conditions studied

1

Description of health condition studied
 Balance

ICD-10 code
 Z02.5

ICD-10 code description
 Encounter for examination for participation in sport

Primary outcomes

1

Description
 Balance

Timepoint
 Before intervention and 2 months after intervention.

Method of measurement
 BESS Test and Y Test

Secondary outcomes
 empty

Intervention groups

1

Description
 Intervention group: The Pilates training group will attend training sessions for 8 weeks (Every week three sessions and each session for 60 minutes) and their status will be evaluated before and two months after the intervention.

Category
 Rehabilitation

2

Description
 Control group: Participate in educational standards and school sports programs in deaf school.

Category
 N/A

Recruitment centers

1

Recruitment center

Name of recruitment center

Baghcheban Deaf School

Full name of responsible person

Hamed Zarei

Street address

Tarbiat Moallem University side , Tarbiat Moallem Square, Guilan Blvd Rasht city

City

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4136718838

Phone

+98 81 3536 3540

Email

zareei.h@yahoo.com

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Rasht University of Medical Sciences

Full name of responsible person

Seyyed Ziaeddin Mirhosseini

Street address

Faculty of Physical Education, University of Guilan, Km 12 Rasht-Ghazvin Road

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4199613776

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Email

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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

Rasht University of Medical Sciences

Proportion provided by this source

100

Public or private sector

Public

Domestic or foreign origin

Domestic

Category of foreign source of funding

empty

Country of origin**Type of organization providing the funding**

Academic

Person responsible for general inquiries

Contact

Name of organization / entity

Rasht University of Medical Sciences

Full name of responsible person

Hamed Zarei

Position

Postgraduate

Latest degree

Master

Other areas of specialty/work

Sport Medicine

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Person responsible for updating data

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Sharing plan**Deidentified Individual Participant Data Set (IPD)**

Yes - There is a plan to make this available

Study Protocol

Yes - There is a plan to make this available

Statistical Analysis Plan

Yes - There is a plan to make this available

Informed Consent Form

Yes - There is a plan to make this available

Clinical Study Report

Yes - There is a plan to make this available

Analytic Code

Yes - There is a plan to make this available

Data Dictionary

Yes - There is a plan to make this available

Title and more details about the data/document

The total potential data can be shared after
unidentifiable people.

When the data will become available and for how long

Start the access period 6 months after printing the
results.

To whom data/document is available

Everyone in the community can use it.

Under which criteria data/document could be used

- For deaf rehabilitation fields. - For trainers and sports
science teachers. - in the field of occupational therapy. -
In sports fields of the disabled.

From where data/document is obtainable

Applicants may refer to rehabilitation and sports science
journals for receiving data.

What processes are involved for a request to access data/document

Extensions can be submitted to the following email
address within six months after the results are printed.
Email Address: zareei.h@yahoo.com

Comments