Clinical Trial Protocol
Iranian Registry of Clinical Trials

19 Sep 2026

The effect of selected balance-corrective training on the motor function of intellectual disability student with developmental coordination disorders

Protocol summary

Study aim
The effect of selected balance-corrective training on the motor function of intellectual disability student with developmental coordination disorders
Design
a randomized single-blind clinical trial with intervention and control groups, parallel groups, according to the centralized and computerized study
Settings and conduct
this study performs in hemmat spatial high-school at the rasht city with a single-blind design.
Participants/Inclusion and exclusion criteria
inclusion criteria: an intellectual disabilities, stay in educational intellectual disabilities, age range of 14-18, with the developmental coordination disorder. Exclusion criteria: having a regular exercise history, severe muscloskeletal disorder, use of certain medication that can interfere with motor function
Intervention groups
intervention group: performing a balance-corrective training- control group: without any training program.
Main outcome variables
balance, motor function

General information

Reason for update
Acronym
IRCT registration information
IRCT registration number: **IRCT20190425043370N1**
Registration date: **2019-05-13, 1398/02/23**
Registration timing: **prospective**

Last update: **2019-05-13, 1398/02/23**
Update count: **0**
Registration date
2019-05-13, 1398/02/23

Registrant information
Name
Hamid Zolghadr
Name of organization / entity
Country
Iran (Islamic Republic of)
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+98 13 3375 3395
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Recruitment status
Recruitment complete
Funding source

Expected recruitment start date
2019-06-05, 1398/03/15
Expected recruitment end date
2019-08-06, 1398/05/15
Actual recruitment start date
empty
Actual recruitment end date
empty
Trial completion date
empty

Scientific title
The effect of selected balance-corrective training on the motor function of intellectual disability student with developmental coordination disorders

Public title
effect of balance training on motor function in intellectual disability patients
Purpose
Supportive
Inclusion/Exclusion criteria
Inclusion criteria:
being in the group of education intellectual disability (50-75) with developmental coordination disorder age

range 14-18 a intellectual disability
Exclusion criteria:
having regular exercise history severe muscloskeletal abnormalities use of certain medications that can interfere with motor function

Age
From **14 years** old to **18 years** old

Gender
Male

Phase
N/A

Groups that have been masked
No information

Sample size
Target sample size: **24**

Randomization (investigator's opinion)
Randomized

Randomization description
subject are randomly assigned with help of a random number table in one of the two group and receive related intervention

Blinding (investigator's opinion)
Single blinded

Blinding description
The selected training sessions of intervention group were blinded without knowledge of being in intervention or control groups

Placebo
Not used

Assignment
Parallel

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee
Ethics committee of Guilan university of medical sciences

Street address
Shahid Siadaty ave, Namjoo str, Rasht

City
Rasht

Province
Guilan

Postal code
4188794755

Approval date
2019-03-13, 1397/12/22

Ethics committee reference number
IR.GUMS.REC.1397.477

Health conditions studied

1

Description of health condition studied
Intellectual disability patients

ICD-10 code
F71

ICD-10 code description
Moderate intellectual disabilities

Primary outcomes

1

Description
balance

Timepoint
measurement of balance tests before and after of 8 weeks intervention

Method of measurement
functional tests of balance

2

Description
walking

Timepoint
measurement of balance tests before and after of 8 weeks intervention

Method of measurement
50 walking test

3

Description
muscular endurance

Timepoint
measurement of balance tests before and after of 8 weeks intervention

Method of measurement
sit-up test

4

Description
muscular strength and coordination

Timepoint
measurement of balance tests before and after of 8 weeks intervention

Method of measurement
TCR TEST

5

Description
FLEXIBILITY

Timepoint
measurement of balance tests before and after of 8 weeks intervention

Method of measurement
sit and rich test

Secondary outcomes

1

Description
developmental coordination disorder
Timepoint
screening of intellectual disability students with developmental coordination disorder before starting the intervention
Method of measurement
questionnaire for developmental coordination disorder (DCDQ)

Intervention groups

1

Description
"Intervention group": The correction-balanced exercise program for 2 months, 3 days a week and 60 minutes per day, with increasing exercise load in the third to fifth weeks and increasing more load ratio than last weeks in the sixth to the eight weeks.
Category
Rehabilitation

2

Description
"Control group": The control group had no physical activity during the eight weeks training period.
Category
N/A

Recruitment centers

1

Recruitment center
Name of recruitment center
Hemmad first middle pre-professional spatial high-school
Full name of responsible person
Ahmad Zad Skandar
Street address
Hemmad first middle pre-professional spatial high-school, Samiei brothers St., Mr. Seyed Sharif village, Jirdeh road, Entezam square
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Sponsors / Funding sources

1

Sponsor
Name of organization / entity
Rasht University of Medical Sciences
Full name of responsible person
Seyed Siaaedin Mirhoseini
Street address
Fifth Kilometer of Qazvin Road, Khalige Fars highway, Rast city
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Guilan
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4199613776
Phone
+98 13 0338 3369
Email
szmirhoseini@gmail.com
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
Hamid Zolghadr
Position
Msc student
Latest degree
Bachelor
Other areas of specialty/work
Sport injury and corrective exercise
Street address
Physical education and sport sciences faculty, fifth kilometer of Qazvin- Rasht Road, Rasht
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Person responsible for scientific inquiries

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Full name of responsible person

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Position

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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

all data of variables measured after unidentifiable individuals can be shared.

When the data will become available and for how long

startingin january 2020

To whom data/document is available

only available for people working in academic institutions or people working in businesses

Under which criteria data/document could be used

scientific use in improving and comparing with other research is allowed.

From where data/document is obtainable

E-mail address for correspondence

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

applicants must send the reason for using the documentation to the E-mail.

Comments