

Clinical Trial Protocol

Iranian Registry of Clinical Trials

18 Jun 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 musculoskeletal 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)

Phone

+98 13 3375 3395

Email address

94hamidzolghadr@gmail.com

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 musculoskeletal 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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4194136639

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Danivarasteh@yahoo.com

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Rasht University of Medical Sciences

Full name of responsible person

Seyed Saaedin Mirhoseini

Street address

Fifth Kilometer of Qazvin Road, Khalige Fars highway, Rast city

City

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Province

Guilan

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4199613776

Phone

+98 13 0338 3369

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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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Email

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Person responsible for scientific inquiries

Contact

Name of organization / entity

Rasht University of Medical Sciences

Full name of responsible person

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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

starting in 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