

Clinical Trial Protocol

Iranian Registry of Clinical Trials

19 Sep 2026

An investigation of rhythm and body percussion effects on motor and social skills of 8-12 years old children with intellectual disability

Protocol summary

Study aim

An investigation of rhythm and body percussion effects on motor and social skills of 8-12 years old children with intellectual disability

Design

A randomized clinical trial with a control group, parallel group

Settings and conduct

Two schools will be selected non randomly and then the Bruininks-Oseretsky test will be taken from the 60 students who have inclusion criteria and a letter of consent. The tests will be conducted by a blinded/trained evaluator and the Matson Evaluation of Social Skills with Youngsters-II will be completed by the teachers. The students will be randomly assigned to experimental and control groups. The control group will not receive any intervention. The experimental group will receive body percussion exercises for 3 mounts in a group format.

Participants/Inclusion and exclusion criteria

- Detection of mild intellectual disability by the measurement of Khorasan Razavi Exceptional Education department
- Being in the age group of 8-12 years
- No neurological disorders
- No psychiatric disorders such as ADHD and Autism
- No orthopedic disorders that cause problems on baby's movements.
- No vision and hearing impairment that disrupts understanding of orders.

Intervention groups

The experimental group will receive rhythmic body percussion exercises in a group format. The exercises include: clapping, hitting hands on the chest, hitting hands on the leg, hitting feet on the floor and hitting hand of the opponent. The exercises are researcher made, from simple to complex and based on team experience and resources review. They will be selected under the guidance of rhythmic instrument experts. The exercises will take place 3 months, 24 sessions and 2 days per week for 30 minutes per session. The control group will not receive any body percussion exercises.

Main outcome variables

Change in motor skills (gross, fine, Upper limb coordination skills); Change in social skills.

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20190518043624N1**

Registration date: **2019-08-01, 1398/05/10**

Registration timing: **retrospective**

Last update: **2019-08-01, 1398/05/10**

Update count: **0**

Registration date

2019-08-01, 1398/05/10

Registrant information

Name

Salehe Lotfi

Name of organization / entity

Country

Iran (Islamic Republic of)

Phone

+98 21 2222 7124

Email address

lotfi.s@iums.ac.ir

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2018-09-23, 1397/07/01

Expected recruitment end date

2019-02-20, 1397/12/01

Actual recruitment start date

2018-09-23, 1397/07/01

Actual recruitment end date

2019-02-20, 1397/12/01

Trial completion date

2019-05-22, 1398/03/01

Scientific title

An investigation of rhythm and body percussion effects on motor and social skills of 8-12 years old children with intellectual disability

Public title

The effect of rhythm and body percussion on motor and social skills of children with intellectual disability

Purpose

Treatment

Inclusion/Exclusion criteria**Inclusion criteria:**

Detection of mild intellectual disability by the measurement of Khorasan Razavi Exceptional Education department Being in the age group of 8-12 years

Exclusion criteria:

Neurological disorders such as cerebral palsy, epilepsy and seizure (based on medical records or doctor's diagnosis) Psychiatric disorders such as ADHD and Autism Orthopedic disorders that cause problems on baby's movements. Vision and hearing impairment that disrupts understanding of orders.

Age

From **8 years** old to **12 years** old

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **60**

Actual sample size reached: **57**

Randomization (investigator's opinion)

Randomized

Randomization description

At first, two schools will be selected non randomly, and 60 students will be chosen based on inclusion criteria and after taking satisfaction they will be assigned into the two groups of experimental and control by using simple randomization methods. Card or envelopes shuffling will be used for simple randomization.

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**

Iran University of Medical Sciences

Street address

Crossroads of Shahid Hemmat and Shahid Chamran Expressways, Tehran

City

Tehran

Province

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Postal code

1449614535

Approval date

2019-03-06, 1397/12/15

Ethics committee reference number

IR.IUMS.REC.1397.1132

Health conditions studied**1****Description of health condition studied**

Mild mental retardation

ICD-10 code

F70

ICD-10 code description

Mild mental retardation

Primary outcomes**1****Description**

Change in motor skills (gross, fine and Upper limb coordination motor skills)

Timepoint

At the beginning of the study and 1 week after the end of the intervention

Method of measurement

1-The Bruininks-Oseretsky test of motor proficiency

2**Description**

Change in social skills

Timepoint

At the beginning of the study and after the end of the intervention

Method of measurement

The Matson Evaluation of Social Skills with Youngsters-II (MESSY-II)

Secondary outcomes

empty

Intervention groups

1

Description

The experimental group will receive body percussion exercises in a group format. The percussion exercises include: clapping, hitting hands on the chest, hitting hands on the leg, hitting feet on the floor and hitting hand of the opponent. The exercises are researcher made type, from simple to complex and based on team experience and resources review. These exercises will be selected under the guidance of rhythmic instrument experts. The exercises will take place 3 months, 24 sessions and 2 days per week with the time of 30 minutes per session. At first, the exercises will be done individually in order to the candidate learn rhythmic percussion and then the number of participants in the group will be increased gradually.

Category

Other

2

Description

Control group: will receive school routine instruction without any body percussion exercises

Category

Other

Recruitment centers

1

Recruitment center

Name of recruitment center

Department of exceptional Education Khorasan Razavi

Full name of responsible person

Mahin Tavakoli

Street address

Akhound Khorasani 20, Akhound Khorasani Ave, Mashhad

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Mashhad

Province

Razavi Khorasan

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9133714165

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salehe.lotfi@gmail.com

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Iran University of Medical Sciences

Full name of responsible person

Vice-chancellor for Research

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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

Iran 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

Iran University of Medical Sciences

Full name of responsible person

Salehe lotfi

Position

Master student

Latest degree

Bachelor

Other areas of specialty/work

Occupational Therapy

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Person responsible for scientific inquiries

Contact

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Person responsible for updating data

Contact

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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

Undecided - It is not yet known if there will be a plan to make this available

Data Dictionary

Undecided - It is not yet known if there will be a plan to make this available

Title and more details about the data/document

The data that related to primary outcome are available.

When the data will become available and for how long

Starting 6 months after publication

To whom data/document is available

This is only available for people working in academic institutions or people working in rehabilitation clinics.

Under which criteria data/document could be used

No analyzes are allowed

From where data/document is obtainable

salehe.lotfi@gmail.com

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

Email: salehe.lotfi@gmail.com I'm responding as soon as possible

Comments