

Clinical Trial Protocol

Iranian Registry of Clinical Trials

04 Aug 2026

The Effect of 8 Weeks of Core Stability Training on Dynamic Postural Stability, Some Kinematic Parameters of Gait Cycle and Hyperactivity Disorder / Attention Deficit (ADHD) in Children 8 -12 Years

Protocol summary

Study aim

The Effect of 8 Weeks of Core Stability Training on Dynamic Postural Stability, Some Kinematic Parameters of Gait Cycle and Hyperactivity Disorder / Attention Deficit (ADHD) in Children 8 -12 Years

Design

30 Students with Attention Deficit / Hyperactivity Disorder Randomly Divided into Experimental and Control Groups. The simple Randomization Method was used to Assign Individuals to two Groups that in this Method, Random Allocation Software was used to Create a Random Sequence.

Settings and conduct

The present study is a quasi-experimental research with a pre-test-post-test design with an experimental group and a control group. 30 students with combined attention deficit / hyperactivity disorder have been selected by a child and adolescent psychiatrist and are undergoing medication, are selected and randomly divided into experimental and control groups. Dynamic postural stability variables, kinematic gait parameters, and signs and symptoms of Attention Deficit / Hyperactivity Disorder are measured before and after Core stability exercises.

Participants/Inclusion and exclusion criteria

Inclusion criteria: Attention Deficit / Hyperactivity Disorder, Girl Children Exclusion criteria: Defects in the Nervous System, Visual and Hearing Problems, Mental Retardation

Intervention groups

The Intervention Group Includes Children with Attention Deficit / Hyperactivity Disorder who Receive Core Stability Training. The Control Group Includes Children with Attention Deficit / Hyperactivity Disorder who did not Receive any Intervention.

Main outcome variables

Dynamic Postural Stability, Some Kinematic Parameters

of Gait Cycle and Hyperactivity Disorder / Attention Deficit (ADHD)

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20200107046035N4**

Registration date: **2020-10-16, 1399/07/25**

Registration timing: **registered_while_recruiting**

Last update: **2020-10-16, 1399/07/25**

Update count: **0**

Registration date

2020-10-16, 1399/07/25

Registrant information

Name

Hossein Shahrokhi

Name of organization / entity

Hakim Sabzevari University

Country

Iran (Islamic Republic of)

Phone

+98 51 4401 2756

Email address

h.shahrokhi@hsu.ac.ir

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2020-09-22, 1399/07/01

Expected recruitment end date

2020-10-22, 1399/08/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The Effect of 8 Weeks of Core Stability Training on Dynamic Postural Stability, Some Kinematic Parameters of Gait Cycle and Hyperactivity Disorder / Attention Deficit (ADHD) in Children 8 -12 Years

Public title

The Effect of Core Stability Training on Dynamic Postural Stability, Some Kinematic Parameters of Gait Cycle and Hyperactivity Disorder / Attention Deficit

Purpose

Treatment

Inclusion/Exclusion criteria**Inclusion criteria:**

With Attention Deficit / Hyperactivity Disorder Girl Children

Exclusion criteria:

Defects in the Nervous System Visual and Hearing Problems Mental Retardation Fractures, Sprains or Surgery on the Lower Limbs

AgeFrom **8 years** old to **12 years** old**Gender**

Female

Phase

N/A

Groups that have been masked*No information***Sample size**Target sample size: **30****Randomization (investigator's opinion)**

Randomized

Randomization description

The simple Randomization Method was used to Assign Individuals to two Groups that in this Method, Random Allocation Software was used to Create a Random Sequence. Then, in Order not to Determine Which Group the Individuals will be Assigned to before Dividing them into two Groups, or in other words, Allocation Concealment, the Central Randomization Method was used.

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**

Sport sciences research institute

Street address

No. 3, 5th Alley, Miremad Street, Motahhari Street, Tehran, Iran.

City

Tehran

Province

Tehran

Postal code

1587958711

Approval date

2020-08-19, 1399/05/29

Ethics committee reference number

IR.SSRC.REC.1399.058

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

Attention Deficit / Hyperactivity Disorder

ICD-10 code

F90.0

ICD-10 code description

Attention-deficit hyperactivity disorder, predominantly inattentive type

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

Dynamic Postural Stability

Timepoint

At the beginning of the study (before the start of the intervention) and after 8 weeks of intervention

Method of measurement

Biodex Balance System

2**Description**

Kinematic of Gait Cycle

Timepoint

At the beginning of the study (before the start of the intervention) and after 8 weeks of intervention

Method of measurement

Video Camera

3**Description**

Hyperactivity Disorder / Attention Deficit

Timepoint

At the beginning of the study (before the start of the intervention) and after 8 weeks of intervention

Method of measurement

Conners rating scale

Secondary outcomes

empty

Intervention groups

1

Description

Intervention group: Core Stability Training for 8 weeks, 3 sessions per week, 2 hour per session

Category

Treatment - Other

2

Description

Control group: Without any training and just doing normal daily activities

Category

N/A

Recruitment centers

1

Recruitment center

Name of recruitment center

Raja University

Full name of responsible person

Zahra Alibakhshi

Street address

novrizian, motahhari bolv

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Postal code

95834-34148

Phone

+98 28 3367 7101

Email

zahra.alibakhshi66@gmail.com

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Raja university

Full name of responsible person

Hadi Miri

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Postal code

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Phone

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Email

hd.miri@gmail.com

Grant name

Grant code / Reference number

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

Yes

Title of funding source

Raja university

Proportion provided by this source

10

Public or private sector

Private

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

Hakim Sabzevari University

Full name of responsible person

Hossein Shahrokhi

Position

Assistant professor

Latest degree

Ph.D.

Other areas of specialty/work

Others

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Tohid Shahr - Sabzevar - Iran

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Person responsible for scientific inquiries

Contact

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Latest degree

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Other areas of specialty/work

Corrective Exercise

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Person responsible for updating data

Contact

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Full name of responsible person

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Position

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Latest degree

Ph.D.

Other areas of specialty/work

Sport Injury and Corrective Exercise

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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 potential data can be shared after people have not been identified

When the data will become available and for how long

Start the access period one year after printing the results

To whom data/document is available

Data will be available to academic and scientific researchers

Under which criteria data/document could be used

Any kind of functional analysis on the submitted data is allowed

From where data/document is obtainable

by Email: h.shahrokhi@hsu.ac.ir

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

by Email: h.shahrokhi@hsu.ac.ir and the reason for using the documents

Comments