Clinical Trial Protocol
Iranian Registry of Clinical Trials

18 Sep 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)

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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
Age
From **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
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95834-34148
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Sponsors / Funding sources

1

Sponsor
Name of organization / entity
Raja university
Full name of responsible person
Hadi Miri
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Qazvin
Postal code
95834-34148
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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Other areas of specialty/work

Corrective Exercise

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Person responsible for updating data

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Full name of responsible person

Hossein Shahrokhi

Position

Assistant Professor

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