

Clinical Trial Protocol

Iranian Registry of Clinical Trials

16 Sep 2026

Survey the effect of mirror therapy on motor ability of patients after stroke at a physiotherapy center

Protocol summary

Summary

This study will evaluate the effects of mirror therapy on motor ability of patients with stroke. The patients who take 1 to 4 point from Brunnstrom scale, don't have severe cognitive disorders and are able to follow simple verbal instructions (MMSE score > 24) will enroll in this study. The patients will be excluded if they don't participate in 4 sessions intermittently or 2 sessions constantly in intervention. The 93 of patients randomly will be divided into 3 groups: the mirror therapy group, non reflection surface group and control group. All of groups will participate in a conventional physiotherapy program. But the mirror therapy group will exercise in front of the mirror and also the non reflection group will do the same exercises in front of the surface which is similar to the wood. Both of two groups will exercise 3 days a week, 30 minutes a day and 20 sessions. Outcomes that will be measured, before the intervention, at the end of sessions, 5, 10, 15 and 20 include: motor recovery (Brunnstrom scale), the ability to walk (FAC scale) and performance of daily activities (Barthel scale).

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT201504224787N5**

Registration date: **2015-08-01, 1394/05/10**

Registration timing: **registered_while_recruiting**

Last update:

Update count: **0**

Registration date

2015-08-01, 1394/05/10

Registrant information

Name

Tahereh Khaleghdoost Mohammadi

Name of organization / entity

Guilan University of Medical Sciences

Country

Iran (Islamic Republic of)

Phone

+98 13 1555 5058

Email address

khaleghdoost@gums.ac.ir

Recruitment status

Recruitment complete

Funding source

Vice chancellor for research of Guilan University of Medical Sciences

Expected recruitment start date

2015-07-23, 1394/05/01

Expected recruitment end date

2015-12-21, 1394/09/30

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Survey the effect of mirror therapy on motor ability of patients after stroke at a physiotherapy center

Public title

The effect of mirror therapy on motor ability of patients after stroke

Purpose

Health service research

Inclusion/Exclusion criteria

Inclusion criteria: patients with age between 30 to 65 y/o, with the first-ever stroke that are diagnosed by neurologists and confirmed by computed tomography or magnetic resonance imaging. One month has passed from their stroke, to take 1 to 4 point from Brunnstrom scale, not to have severe cognitive disorders and be able

follow simple verbal instructions (MMSE score>24).Exclusion criteria: the patients will exclude if they don't participate 4 sessions intermittently or 2 sessions constantly in intervention.

Age

From **30 years** old to **65 years** old

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **93**

Randomization (investigator's opinion)

Randomized

Randomization description

Blinding (investigator's opinion)

Triple blinded

Blinding description

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

Namjoo Street

City

Rasht

Postal code

4193893345

Approval date

2015-04-27, 1394/02/07

Ethics committee reference number

IR.GUMS.REC.1394.11

Health conditions studied

1

Description of health condition studied

cerebral vascular disease

ICD-10 code

Z50.1

ICD-10 code description

Other physical therapy Therapeutic and remedial exercises

Primary outcomes

1

Description

Motor ability

Timepoint

Before intervention and the end of 5,10,15 and 20 sessions

Method of measurement

Brunnstrom recovery movement tool, Functional Ambulation Classification and Barthel selfcare questionnaire

Secondary outcomes

empty

Intervention groups

1

Description

Physical training routine

Category

Rehabilitation

2

Description

Training 30 minutes more than routine physiotherapy practices in front of the mirror

Category

Rehabilitation

3

Description

Training 30 minutes more than routine physiotherapy practices in front of the M.D.F

Category

Rehabilitation

Recruitment centers

1

Recruitment center

Name of recruitment center

Physiotherapy center for elderly and handicap city of Rasht

Full name of responsible person

Tahereh Khaleghdoost Mohammadi

Street address

Entezam Square, Maloolin Street

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Rasht

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Vice chancellor for research of Guilan University of Medical Science

Full name of responsible person

Abtin Heidarzadeh

Street address

Shahid Beheshi Highway

City

Rasht

Grant name

Grant code / Reference number

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

Yes

Title of funding source

Vice chancellor for research of Guilan University of Medical Science

Proportion provided by this source

100

Public or private sector

empty

Domestic or foreign origin

empty

Category of foreign source of funding

empty

Country of origin

Type of organization providing the funding

empty

Person responsible for general inquiries

Contact

Name of organization / entity

Shahid Beheshti Faculty of Nursing and Midwifery

Full name of responsible person

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Position

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Sharing plan

Deidentified Individual Participant Data Set (IPD)

empty

Study Protocol

empty

Statistical Analysis Plan

empty

Informed Consent Form

empty

Clinical Study Report

empty

Analytic Code

empty

Data Dictionary

empty