Clinical Trial Protocol
Iranian Registry of Clinical Trials

22 Nov 2026

The Effect of Tai Chi and walking Exercise on Fast Blood Glucose and Depression Rate of people in Type II Diabetes

Protocol summary

Summary

Objectives: The aim of this study is to determine the effect of Tai Chi and walking on Fast Blood Glucose of people in Type 2 Diabetes. (2) Design: Participations are divided into 3 groups (Tai chi-walking -control). (3) Setting and conduct: In this quasi-experimental research, 100 patients of type 2 diabetes are recruited. (4) Inclusion criteria: Person must have type 2 diabetes؛ Taking pills (metformin 500mg – glibenclamide 5mg) to control of their disease؛ Persons must sign up testimonial؛ Their age is between 20-60 years old؛ Person who do not have muscle -skeletal, heart-vessels and respiratory disease؛ Not having problems in doing physical exercises. Exclusion criteria: Persons who encountered problems in time of research؛ Have to use Insulin؛ Couldn’t do exercise. (5) Intervention :They will practice(Walking or Tai Chi) for 8 weeks ,3 times a week,30 minutes In any session . (6) Main outcome :Fast Blood Glucose is the main variable in this article

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT201511197101N3**
Registration date: **2016-01-09, 1394/10/19**
Registration timing: **prospective**

Last update:
Update count: **0**

Registration date

2016-01-09, 1394/10/19

Registrant information

Name

leili yekefallah

Name of organization / entity

Country

Iran (Islamic Republic of)

Phone

+98 28 3223 7268

Email address

yekkehfallah@qums.ac.ir

Recruitment status

Recruitment complete

Funding source

University of Medical Sciences Iran, School of Nursing and Midwifery, Vice chancellor for research

Expected recruitment start date

2016-01-21, 1394/11/01

Expected recruitment end date

2016-03-20, 1395/01/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The Effect of Tai Chi and walking Exercise on Fast Blood Glucose and Depression Rate of people in Type II Diabetes

Public title

The Effect of Tai Chi and walking Exercise on Fast Blood Glucose of people in Type II DiabeteS

Purpose

Supportive

Inclusion/Exclusion criteria

Inclusion criteria: Person must have type 2 diabetes؛ Taking pills (metformin 500mg – glibenclamide 5mg) to control of their disease؛ Persons must sign up testimonial؛ Their age is between 20-60 years old؛ Person who do not have muscle -skeletal, heart-vessels and respiratory disease؛ Not having problems in doing physical exercises. Exclusion criteria: Persons who encountered problems in time of research؛ Have to use

Insulin: Couldn’t do exercise.

Age
From **20 years** old to **59 years** old

Gender
Both

Phase
2

Groups that have been masked
No information

Sample size
Target sample size: **100**

Randomization (investigator's opinion)
Randomized

Randomization description

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
University of Medical Sciences Iran, School of Nursing and Midwifery, Ethics Committee

Street address
School of Nursing and Midwifery, Yasemi Rashid Street, Valiasr Street, Tehran, Tehran

City
Tehran

Postal code

Approval date
2015-12-12, 1394/09/21

Ethics committee reference number
IR.IUMS.REC.1394 . 26909

Health conditions studied

1

Description of health condition studied
diabetes

ICD-10 code
E10-E11-E1

ICD-10 code description
Diabetes mellitus

Primary outcomes

1

Description
Added at 2016-02-08: Fasting Blood Glucose

Timepoint
Added at 2016-02-08: One day before the first day of intervention and one day after the last day of intervention

Method of measurement
Added at 2016-02-08: Blood sample

Secondary outcomes

1

Description
Blood pressure

Timepoint
Patients are tested twice for blood pressure . (One day before the first day of training–one day after the final day training course).

Method of measurement
Manometer

Intervention groups

1

Description
After breakfast walking must be done for 8 weeks)3 times a week- 30 minutes). Pations do exercise in a same place and same time.

Category
Lifestyle

2

Description
After breakfast tai chi exercise must be done for 8 weeks in the morning (3 times a week- 30 minutes).Pations will practic Tai Chi exercise in same time and same place.

Category
Lifestyle

Recruitment centers

1

Recruitment center

Name of recruitment center
Clinic of Imam Khomeini, Rasol Akram, Shariati, Firozgar’s Hospital

Full name of responsible person
Hamideh Azimi

Street address
Educational Complex Naseh, 12 North Farvardin Street, Western Basij Blvd, Kosar, Qazvin

City
Qazvin

Sponsors / Funding sources

1

Sponsor
Name of organization / entity
Vice chancellor for research, Iran University of Medical Sciences
Full name of responsible person
Naser Bakht
Street address
Iran University of Medical Sciences, Next to Milad Tower, Hemmat Highway, Tehran
City
Tehran
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, Iran University of Medical Sciences
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
University of Medical Sciences Iran, School of Nursing and Midwifery
Full name of responsible person
Hamideh Azimi
Position
MSc student of nursing
Other areas of specialty/work
Street address
Educational Complex Naseh, 12 North Farvardin Street, Western basij Blvd, Kosar, Qazvin
City
Qazvin
Postal code
Phone
+98 28 3379 0619
Fax
Email
H.Azimi88@yahoo.com
Web page address

Person responsible for scientific inquiries

Contact
Name of organization / entity
University of Medical Sciences Iran, School of Nursing and Midwifery
Full name of responsible person
Forogh Rafiee
Position
Assistance Professor
Other areas of specialty/work
Street address
School of Nursing and Midwifery,Yasemi Rashid Street,Valiasr Street, Tehran
City
Tehran
Postal code
Phone
+98 21 8820 1890
Fax
Email
Mansoreh.Mardali@yahoo.com
Web page address

Person responsible for updating data

Contact
Name of organization / entity
University of Medical Sciences Iran, School of Nursing and Midwifery
Full name of responsible person
Hamideh Azimi
Position
MSc Student Of Nursing
Other areas of specialty/work
Street address
Educational Complex Naseh, 12 North Farvardin Street, Western Basij Blvd, Kosar, Qazvin
City
Qazvin
Postal code
Phone
+98 28 3377 0619
Fax
Email
H.Azimi88@yahoo.com
Web page address

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*