

Clinical Trial Protocol

Iranian Registry of Clinical Trials

10 Jun 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

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Phone

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Email address

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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**

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Full name of responsible person

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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

