

Clinical Trial Protocol

Iranian Registry of Clinical Trials

16 Sep 2026

Effect of Kata Training on Reduction of Stereotype in Three Boys with Asperger Syndrome, A single subject design

Protocol summary

Summary

Purpose: The purpose of the present investigation was to determine whether teaching Heian Shodan kata lead to reduction of stereotypical behaviors of three boys with Asperger syndrome. Design: A single subject method with A-B design was used. Methods: Participants of the present study were required to exercise Heian Shodan kata for 3 month (4 days per week; 48 sessions). Change in the severity of stereotype was assessed by the stereotype sub scale of Gilliam Autism Rating Scale-second edition through baseline condition, acquisition, and following tests. Participants: The study included 3 boys with Asperger syndrome. Inclusion criteria was having Asperger syndrome and stereotype and Exclusion criteria was having 3 absent sessions. Intervention: teaching Heian Shodan kata was the intervention. Main outcome: The stereotype was the main outcome.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT201110317954N1**

Registration date: **2012-04-07, 1391/01/19**

Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2012-04-07, 1391/01/19

Registrant information

Name

Fatimah Bahrami

Name of organization / entity

University of Isfahan

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Iran (Islamic Republic of)

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Recruitment status

Recruitment complete

Funding source

Vice Chancellor for research, Isfahan University of Medical Sciences

Expected recruitment start date

2011-04-28, 1390/02/08

Expected recruitment end date

2011-05-13, 1390/02/23

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Effect of Kata Training on Reduction of Stereotype in Three Boys with Asperger Syndrome, A single subject design

Public title

Effect of physical activity on reduction of stereotype of children with asperger

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria: have asperger syndrome according to DSM-IV-TR and have stereotype. Exclusion criteria: have 3 absent sessions

Age

From **10 years** old to **16 years** old

Gender

Male

Phase

Groups that have been masked*No information***Sample size**

Target sample size: 3

Randomization (investigator's opinion)

N/A

Randomization description**Blinding (investigator's opinion)**

Not blinded

Blinding description**Placebo**

Not used

Assignment

Single

Other design features**Secondary Ids**

empty

Ethics committees**1****Ethics committee****Name of ethics committee**

Ethical Committee of Isfahan University of Medical Sciences

Street address

University of Isfahan, Hezarjarib street, Isfahan

City

Isfahan

Postal code

81746-73441

Approval date

2011-02-15, 1389/11/26

Ethics committee reference number

131

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

Asperger Syndrome

ICD-10 code

F84.5

ICD-10 code description

Asperger's syndrome

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

Stereotypy

Timepoint

baseline, during 3 month intervention, during one month after intervention

Method of measurement

stereotypy subscale of Gilliam Autism Rating Scale-

Secondary outcomes

empty

Intervention groups**1****Description**

The type of intervention was physical activity based-intervention. In the present study we used a 3 month kata training (4 days/week, 48 sessions). The time break out was as follows: 15 min of warm up, 65 min for the main activity and 10 min for cool down.

Category

Other

Recruitment centers**1****Recruitment center****Name of recruitment center**

Sponsoring Association for Isfahan Province Children with Autism

Full name of responsible person

Mrs Gharaati

Street address

Plate 1, Javanmard alley, alley 17, Sheikh mofid street, Sheikhsadogh street, Isfahan, Iran

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Isfahan

Sponsors / Funding sources**1****Sponsor****Name of organization / entity**

Vice Chancellor for research, Isfahan University of Medical Sciences

Full name of responsible person

Dr Mohammad Rabbani

Street address

University of Isfahan, Hezarjarib street, Isfahan

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Isfahan

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, Isfahan 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 Isfahan
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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