

Clinical Trial Protocol

Iranian Registry of Clinical Trials

14 Jul 2026

Effects of Pilates exercise on anxiety and general health in woman patients with type 2 diabetes

Protocol summary

Summary

The purpose of this study is to survey pilates exercise effects on anxiety and general health in woman patients with type 2 diabetes. 70 patients with type 2 diabetes will select. They are randomly divide to intervention and control groups. In the beginning,they will complete the Spielberg and public health(GHQ28) questionnaires.Then in the intervention group ,pilates exercise will be carried out for 8 weeks and each week two sessions.Control group during the same time will receive standard treatment.The Spielberg and public health(GHQ28) questionnaires will fill out by the patients, again. Ultimately, Two groups are compared.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT201309018348N6**

Registration date: **2013-09-20, 1392/06/29**

Registration timing: **registered_while_recruiting**

Last update:

Update count: **0**

Registration date

2013-09-20, 1392/06/29

Registrant information

Name

Neda Mirbagher

Name of organization / entity

Kashan University of Medical Science

Country

Iran (Islamic Republic of)

Phone

+98 36 1555 0021

Email address

mirbagher_n@kaums.ac.ir

Recruitment status

Recruitment complete

Funding source

Kashan University of Medical Sciences

Expected recruitment start date

2013-08-23, 1392/06/01

Expected recruitment end date

2013-10-23, 1392/08/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Effects of Pilates exercise on anxiety and general health in woman patients with type 2 diabetes

Public title

Effects of Pilates exercise on anxiety and general health

Purpose

Prevention

Inclusion/Exclusion criteria

Inclusion criteria: Diagnosis Blood Sugar,Allow physicians to exercise in intervention group, The lack of structural abnormalities in the spine, Type 2 diabetes is more than one year. Exclusion criteria: Complications of diabetes, Absence of more than two sessions of training sessions

Age

From **30 years** old to **70 years** old

Gender

Female

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **70**

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

Kashan University of Medical Sciences

Street address

Kashan, Ravand Street, Kashan University of Medical Sciences

City

Kashan

Postal code

8715981151

Approval date

2013-08-23, 1392/06/01

Ethics committee reference number

9269

Health conditions studied

1

Description of health condition studied

Pilates exercise

ICD-10 code

Z50

ICD-10 code description

Care involving use of rehabilitation procedures

Primary outcomes

1

Description

Anxiety

Timepoint

Before and after intervention

Method of measurement

Spielberger questionnaire

Secondary outcomes

1

Description

Public health
Timepoint
Before and after intervention
Method of measurement
Questionnaire (GHQ28)

Intervention groups

1

Description

In intervention group, Pilates exercise will perform two days a week for 8 weeks.

Category

Prevention

2

Description

In the control group, Pilates exercise will not performed at 8 weeks. They are receiving routine treatment at this time.

Category

Prevention

Recruitment centers

1

Recruitment center

Name of recruitment center

Kashan diabetes center

Full name of responsible person

Neda Mirbagher

Street address

Ravand, Parastar Street, Kashan University of Medical sciences

City

Kashan

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Kashan University of Medical Sciences

Full name of responsible person

Neda Mirbagher

Street address

Ravand, Parastar Street, Kashan University of Medical sciences

City

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Grant name

Grant code / Reference number

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

Yes

Title of funding source

Kashan 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

Kashan University of Medical Sciences

Full name of responsible person

Neda Mirbagher

Position

Ms

Other areas of specialty/work

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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