Clinical Trial Protocol
Iranian Registry of Clinical Trials

17 Sep 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
Kashan
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

Street address

Ravand,Parastar Street, Kashan University of Medical sciences

City

Kashan

Postal code

Phone

+98 36 1555 0021

Fax

Email

salam_20012003@yahoo.co.ukmirbagher_n@kaums.ac.ir

Web page address

Person responsible for scientific 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

Street address

Ravand,Parastar Street, Kashan University of Medical sciences

City

Kashan

Postal code

Phone

+98 36 1555 0021

Fax

Email

salam_20012003@yahoo.co.ukmirbagher_n@kaums.ac.ir

Web page address

Person responsible for updating data

Contact

Name of organization / entity

Kashan University of Medical Sciences

Full name of responsible person

Neda Mirbagher

Position

Ms

Other areas of specialty/work

Street address

Ravand,Parastar Street, Kashan University of Medical sciences

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Kashan

Postal code

Phone

+98 36 1555 0021

Fax

Email

salam_20012003@yahoo.co.ukmirbagher_n@kaums.ac.ir

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