

Clinical Trial Protocol

Iranian Registry of Clinical Trials

09 Jun 2026

The comparison of stretching with aerobic & aerobic exercise on fatigue level in Multiple Sclerosis patients

Protocol summary

Summary

This research has been conducted to evaluate the comparison of stretching with aerobic & aerobic exercise on fatigue levels in Multiple Sclerosis patients in randomized, double blind design. This research involving 80 patients selected with no probability convenience sampling according to specific criteria (Age range was between 45-20 years, The disease by medical experts and Results of diagnostic tests including MRI was confirmed, at least had the literacy, Ability to understand conversation in Farsi, severe stage of disease were not, about one year from onset disease was last (the opportunity to cope with disease). Patients haven't Any underlying disease such as Orthopedic problems, heart disease, The scale of severity of disability (Expanded Disability Status Scale) was between 5/5-0). Exclusion criteria: those who did not exercise them regularly and if for any reason before the acute phase of illness, and people can not continue exercise, The data gathering tools were questionnaire includes demographic variables, disease data & fatigue severity scales (FSS). Exercise was done for 18 sections. After exercise session's period they completed questionnaire (level of fatigue) again. There are significant difference between two intervention groups in pretest.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT201203069219N1**
Registration date: **2012-04-01, 1391/01/13**
Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2012-04-01, 1391/01/13

Registrant information

Name

Marzieh Pazokian

Name of organization / entity

Baqiyatallah Faculty of Nursing

Country

Iran (Islamic Republic of)

Phone

+98 21 3319 5038

Email address

h_pazokian@iust.ac.ir

Recruitment status

Recruitment complete

Funding source

Tehran University of Medical Sciences

Expected recruitment start date

2007-10-23, 1386/08/01

Expected recruitment end date

2008-07-27, 1387/05/06

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The comparison of stretching with aerobic & aerobic exercise on fatigue level in Multiple Sclerosis patients

Public title

The effect of exercise on fatigue level

Purpose

Supportive

Inclusion/Exclusion criteria

Age range was between 45-20 years; The disease by medical experts and Results of diagnostic tests including MRI was confirmed; at least had the literacy, Ability to understand conversation in Farsi; patients were not in severe stage of disease; about one year from onset

disease was last (the opportunity to cope with disease);patients haven't Any underlying disease such as Orthopedic problems, heart disease;The scale of severity of disability (Expanded Disability Status Scale) was between 5/5-0 . Exclusion criteria :those who age was less than 20 years and have over 45 years;patients that have diseases expect of MS, those that can not read and write and speak the Persian language; less than 1 year of onsetdisease is past; their disability severity scale is not between0- 5/5; those who did not exercise them regularly and if for any reason before the acute phase of illness; and people can not continue exercise

Age

From **20 years** old to **45 years** old

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **80**

Randomization (investigator's opinion)

Randomized

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

Double blinded

Blinding description**Placebo**

Not used

Assignment

Parallel

Other design features**Secondary Ids**

empty

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

Tehran University of Medical Sciences

Street address

Tehran

City

Tehran

Postal code**Approval date**

2008-09-08, 1387/06/18

Ethics committee reference number

132/130/ص

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

Multiple Sclerosis

ICD-10 code

G35

ICD-10 code description

Diseases of the nervous system

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

FATIGUE

Timepoint

0-18

Method of measurement

Fatigue Severity Scales (questionnaire)

Secondary outcomes**1****Description**

Fatigue

Timepoint

0-18

Method of measurement

Fatigue Severity Scale(questionnaire)

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

Intervention groups: group 1 : 30 min aerobic exercise (include, walking on a treadmill with a speed of 1 meter per second, jogging and bike handling each 10 minute

Category

Rehabilitation

2**Description**

group 2:stretching stretching with aerobic exercise that include hip, neck etc stretching 15 min post 30 min aerobic exercise (total 45) were performed for 18session One day

Category

Rehabilitation

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

MS center

Full name of responsible person

Pazokian, Marzieh

Street address

Vesal street, Tehran

City

Tehran

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Tehran University of Medical Sciences

Full name of responsible person

Pazokian

Street address

Tehran

City

Tehran

Grant name

Grant code / Reference number

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

Yes

Title of funding source

Tehran 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

Tehran University of Medical Sciences

Full name of responsible person

Pazokian

Position

MS Of Nursing

Other areas of specialty/work

Street address

Tehran

City

Number4, Perozi street, tajeri street, Tehran, Iran

Postal code

Phone

+98 912 685 1924

Fax

Email

h_pazokin@iust.ac.irmpazokian@gmail.com

Web page address

Person responsible for scientific inquiries

Contact

Name of organization / entity

TUMS.ac.ir

Full name of responsible person

Pazokian

Position

Master Science

Other areas of specialty/work

Street address

tehran

City

tehran

Postal code

Phone

+98 912 685 1924

Fax

Email

h_pazokian@iust.ac.ir

Web page address

Person responsible for updating data

Contact

Name of organization / entity

Tehran University of Medical Sciences

Full name of responsible person

Pazokian, Marzieh

Position

MS Of Nursing

Other areas of specialty/work

Street address

Number 4, tajeri street. pirozie street , Tehran, Iran

City

Tehran

Postal code

1764877431

Phone

00

Fax

Email

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