

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

23 Feb 2026

### The effects of 10-week core stability training on balance and quality of life in female with Multiple Sclerosis with emphasis on Expanded Disability Status Scale.

#### Protocol summary

##### Summary

In the research literature the effect of 10-week core stability training were explored on balance and quality of life in female with Multiple Sclerosis with emphasis on Expanded Disability Status Scale (EDSS). There were not found any evidences that study the efficacy of core stability training on movement performance of MS patients. So the aim of this study is to examine the effects of 10-week core stability training on balance (dynamic and static) and quality of life in female with Multiple Sclerosis with emphasis on EDSS. 72 participants are divided in to three groups ( $2/5 \leq EDSS < 3/5$ ,  $3/5 \leq EDSS < 4/5$  and  $4/5 \leq EDSS \leq 5/5$ ). Then, participants are divided into control and experimental subgroups randomly. A pretest and posttest are taken in order to measure balance and Quality of life respectively, Biodex Balance System (BBS) and MSQOL-54. It should be noted that these tests are valid and reliable.

#### General information

##### Acronym

##### IRCT registration information

IRCT registration number: **IRCT2015051022194N1**

Registration date: **2015-07-24, 1394/05/02**

Registration timing: **retrospective**

Last update:

Update count: **0**

##### Registration date

2015-07-24, 1394/05/02

##### Registrant information

##### Name

Mansour Sahebozamani

##### Name of organization / entity

Shahid Bahonar University

##### Country

Iran (Islamic Republic of)

##### Phone

+98 34 3323 3423

##### Email address

sahebozamani@mail.uk.ac.ir

##### Recruitment status

**Recruitment complete**

##### Funding source

Neurology Research Center, Kerman University of Medical Sciences; Shahid Bahonar University of Kerman

##### Expected recruitment start date

2015-04-21, 1394/02/01

##### Expected recruitment end date

2015-06-22, 1394/04/01

##### Actual recruitment start date

empty

##### Actual recruitment end date

empty

##### Trial completion date

empty

##### Scientific title

The effects of 10-week core stability training on balance and quality of life in female with Multiple Sclerosis with emphasis on Expanded Disability Status Scale.

##### Public title

The effects of core stability training on balance and quality of life in female with Multiple Sclerosis with emphasis on Expanded Disability Status Scale.

##### Purpose

Treatment

##### Inclusion/Exclusion criteria

Inclusion criteria: the MS patients confirmed by MS committee of Kerman University of Medical Sciences; EDSS between 2.5 and 5.5; all of them belong to

relapsing remitting MS group; age between 23 and 40 years old; new clinical attack during 2 months prior to the study. Exclusion criteria: pregnancy; suffering from other diseases.

#### **Age**

From **23 years** old to **40 years** old

#### **Gender**

Female

#### **Phase**

N/A

#### **Groups that have been masked**

*No information*

#### **Sample size**

Target sample size: **72**

#### **Randomization (investigator's opinion)**

N/A

#### **Randomization description**

#### **Blinding (investigator's opinion)**

Single blinded

#### **Blinding description**

#### **Placebo**

Not used

#### **Assignment**

Single

#### **Other design features**

### **Secondary Ids**

empty

### **Ethics committees**

#### **1**

##### **Ethics committee**

###### **Name of ethics committee**

Neurology Research Center- Kerman University of medical sciences

###### **Street address**

Deputy of Research, Kerman University of medical sciences, Somayeh Cross way, Kerman

###### **City**

Kerman

###### **Postal code**

7618751151

###### **Approval date**

2015-06-14, 1394/03/24

###### **Ethics committee reference number**

IR.KMU.REC.1394.121

### **Health conditions studied**

#### **1**

##### **Description of health condition studied**

Multiple sclerosis

##### **ICD-10 code**

G35

##### **ICD-10 code description**

Demyelinating diseases of the central nervous system

### **Primary outcomes**

#### **1**

##### **Description**

static balance

##### **Timepoint**

pretest and posttest

##### **Method of measurement**

Biodex balance system

#### **2**

##### **Description**

dynamic balance

##### **Timepoint**

pretest and posttest

##### **Method of measurement**

Biodex balance system

#### **3**

##### **Description**

Quality of life

##### **Timepoint**

pretest and posttest

##### **Method of measurement**

MSQOL-54

### **Secondary outcomes**

empty

### **Intervention groups**

#### **1**

##### **Description**

Experimental group with  $2/5 \leq EDSS < 3/5$ : core stability training which is done 60 min three days a week during 10 weeks.

##### **Category**

Rehabilitation

#### **2**

##### **Description**

Control group with  $2/5 \leq EDSS < 3/5$

##### **Category**

Rehabilitation

#### **3**

##### **Description**

Experimental group with  $3/5 \leq EDSS < 4/5$  : core stability training which is done 60 min three days a week during 10 weeks.

##### **Category**

Rehabilitation

#### **4**

##### **Description**

Control group with  $3/5 \leq EDSS < 4/5$

**Category**

Rehabilitation

**5**

**Description**

Experimental group with  $4/5 \leq EDSS \leq 5/5$ : core stability training which is done 60 min three days a week during 10 weeks.

**Category**

Rehabilitation

**6**

**Description**

Control group with  $4/5 \leq EDSS \leq 5/5$

**Category**

Rehabilitation

**Recruitment centers**

**1**

**Recruitment center**

**Name of recruitment center**

Neurology Research Center- Kerman University of Medical Sciences

**Full name of responsible person**

Hossein Ali Ebrahimi

**Street address**

Neurology Research Center, Kerman University of Medical Sciences, Kosar Blvd, Kerman

**City**

Kerman

**Sponsors / Funding sources**

**1**

**Sponsor**

**Name of organization / entity**

Deputy of Research -Kerman University of Medical Sciences

**Full name of responsible person**

Abbas Pardakhty

**Street address**

Deputy of Research, Kerman University of medical sciences, Somayeh Cross way, Kerman

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Kerman

**Grant name**

**Grant code / Reference number**

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

Yes

**Title of funding source**

Deputy of Research -Kerman 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**

Neurology Research Center- Kerman University of medical sciences

**Full name of responsible person**

Behnaz Sedighi

**Position**

Associate professor

**Other areas of specialty/work**

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Shahid Bahonar University of Kerman

**Full name of responsible person**

Dr. Mansour Sahebozamani

**Position**

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## Person responsible for updating data

### Contact

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Banafsheh Amiri

**Position**

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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*