Clinical Trial Protocol
Iranian Registry of Clinical Trials

22 Nov 2026

The effects of Pilates training on static and dynamic balance of deaf students

Protocol summary

Study aim
The purpose of this study the effects of Pilates training on static and dynamic balance of deaf students.

Design
In this study, 19 students who are deaf and Inclusion criteria of the study, the deaf school in Rasht city elected. The participants were randomly divided into experimental group (10 subjects) and a control group (9 subjects) is divided and each participant is assigned a code.

Settings and conduct
The current study is of clinical trial one aiming to the effects of Pilates training on static and dynamic balance of deaf students. It will be used the BESS test for static balance and the Y test (YBT) for dynamic balance.

Participants/Inclusion and exclusion criteria
The inclusion criteria: age of 11-19; hearing range of more than 75 db and avoidance of medicines that affect balance during research procedure. The exclusion criteria: avoidance of participating in the relevant sessions and not completing the length of training period; cardiovascular and respiratory disease.

Intervention groups
The experimental group has performed Pilates training, and the control group did not receive any exercise programs.

Main outcome variables
Rehabilitation of the Deaf - Improved balance in the deaf - Improved postural control in the deaf.

General information

Reason for update

Acronym

IRCT registration information
IRCT registration number: **IRCT20170312033029N3**
Registration date: **2019-06-25, 1398/04/04**
Registration timing: **retrospective**
Last update: **2019-06-25, 1398/04/04**
Update count: **0**

Registration date
2019-06-25, 1398/04/04

Registrant information

Name
Hamed Zarei

Name of organization / entity
University of Guilan

Country
Iran (Islamic Republic of)

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+98 81 3536 3540

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zareei.hamed71@gmail.com

Recruitment status
Recruitment complete

Funding source

Expected recruitment start date
2018-08-11, 1397/05/20

Expected recruitment end date
2018-10-23, 1397/08/01

Actual recruitment start date
empty

Actual recruitment end date
empty

Trial completion date
empty

Scientific title
The effects of Pilates training on static and dynamic balance of deaf students

Public title
The effect of the training program on the balance of deaf students

Purpose
Supportive

Inclusion/Exclusion criteria

Inclusion criteria:
The inclination of participation in the research The refraining of tranquilizers or those with effects on balance The Lack of cochlear implantation The hearing range of more than 75 db. Avoidance of exercising or any intense activities during the research No lower limb damage background during the past 6 months or any neural or muscular complexities No eyesight disorder Lack of any status abnormalities effective in the procedure of the research (in the lower and upper limbs) Not surgical background in the past year Not a fracture in the upper and lower limbs a year prior to research Non-insulin-dependent diabetes Girls subjects
Exclusion criteria:
Lack of participation in two sequential practice sessions or in three interrupted practice sessions The advent of Musculoskeletal pain after practice Students suffering from multiple disabilities Students cardiovascular and respiratory diseases Students articular system and orthopedic disorders including neck pain, backache, rheumatoid arthritis or the apparent difference in the length of the limbs

Age
From **11 years** old to **19 years** old

Gender
Female

Phase
3

Groups that have been masked
No information

Sample size
Target sample size: **19**
More than 1 sample in each individual
Number of samples in each individual: **1**
In each person, the tests of static and dynamic balance are measured.

Randomization (investigator's opinion)
Randomized

Randomization description
Subjects are randomly assigned randomly with the help of a random number table in one of the two groups and receive intervention from the same group.

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
Ethics committee of Institute of Physical Education and Sport Sciences

Street address
No. 3, 5th St., Mir Emad St., Motehari Ave., Tehran, Iran.

City
Tehran

Province
Tehran

Postal code
1587958711

Approval date
2018-07-31, 1397/05/09

Ethics committee reference number
IR. SSRC. REC. 1398. 034

Health conditions studied

1

Description of health condition studied
Balance

ICD-10 code
Z02.5

ICD-10 code description
Encounter for examination for participation in sport

Primary outcomes

1

Description
Balance

Timepoint
Before intervention and 2 months after intervention.

Method of measurement
BESS Test and Y Test

Secondary outcomes

empty

Intervention groups

1

Description
Intervention group: The Pilates training group will attend training sessions for 8 weeks (Every week three sessions and each session for 60 minutes) and their status will be evaluated before and two months after the intervention.

Category
Rehabilitation

2

Description
Control group: Participate in educational standards and school sports programs in deaf school.

Category
N/A

Recruitment centers

1

Recruitment center

Name of recruitment center
Baghcheban Deaf School
Full name of responsible person
Hamed Zarei
Street address
Tarbiat Moallem University side , Tarbiat Moallem Square, Guilan Blvd Rasht city
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Sponsors / Funding sources

1

Sponsor

Name of organization / entity
Rasht University of Medical Sciences
Full name of responsible person
Seyyed Ziaeddin Mirhosseini
Street address
Faculty of Physical Education, University of Guilan, Km 12 Rasht-Ghazvin Road
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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
Rasht University of Medical Sciences

Proportion provided by this source
100

Public or private sector
Public

Domestic or foreign origin
Domestic

Category of foreign source of funding
empty

Country of origin

Type of organization providing the funding
Academic

Person responsible for general inquiries

Contact

Name of organization / entity
Rasht University of Medical Sciences
Full name of responsible person
Hamed Zarei
Position
Postgradute
Latest degree
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Other areas of specialty/work
Sport Medicine
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Person responsible for updating data

Contact

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Sharing plan

Deidentified Individual Participant Data Set (IPD)
Yes - There is a plan to make this available
Study Protocol
Yes - There is a plan to make this available
Statistical Analysis Plan
Yes - There is a plan to make this available
Informed Consent Form
Yes - There is a plan to make this available
Clinical Study Report
Yes - There is a plan to make this available
Analytic Code
Yes - There is a plan to make this available
Data Dictionary
Yes - There is a plan to make this available
Title and more details about the data/document
The total potential data can be shared after unidentifiable people.
When the data will become available and for how long
Start the access period 6 months after printing the results.
To whom data/document is available
Everyone in the community can use it.
Under which criteria data/document could be used
- For deaf rehabilitation fields. - For trainers and sports science teachers. - in the field of occupational therapy. - In sports fields of the disabled.
From where data/document is obtainable
Applicants may refer to rehabilitation and sports science journals for receiving data.
What processes are involved for a request to access data/document
Extensions can be submitted to the following email address within six months after the results are printed. Email Address: zareei.h@yahoo.com
Comments