Clinical Trial Protocol
Iranian Registry of Clinical Trials

22 Nov 2026

The effect of task oriented intervention on motor coordination, balance and school function of children with intellectual disability

Protocol summary

Study aim
Determining the effect of task-oriented interventions on motor coordination, balance and school function of children with intellectual disabilities and comparing it with the effect of routine occupational therapy interventions

Design
Clinical trial with control group

Settings and conduct
After selecting the samples among the students with intellectual disabilities, they are randomly divided into two groups of control and intervention. Preliminary assessment of balance, motor coordination, and school function is performed by an evaluator who is blind to groupings. The control group performed routine occupational therapy exercises for 8 weeks, two sessions per week, and the intervention group performed task-oriented exercises in addition to routine occupational therapy exercises. The re-evaluation will then be performed by the same initial evaluator.

Participants/Inclusion and exclusion criteria
Inclusion criteria : Children with intellectual disabilities 5 to 9 years old IQ 50-70 (teachable group) Has motor and balance problems Exclusion criteria: History of any orthopedic surgery in the last 6 months History of seizures Existence of any musculoskeletal problems Existence of accompanying disabilities Lack of cooperation of the child

Intervention groups
Task-oriented exercises include: Walking on the toe in a straight path 4.5 m long and then 4.5 m Walking heel to toe Jumping forward so that the body is in a balanced position after each jump Walking a 50-meter path while holding the ball on a screen in balance with one hand Throwing and receiving the ball with both hands at a distance of two meters Jumping up and touching at the same time

Main outcome variables
Task-oriented interventions can be used as a simple, low-cost, and accessible method to improve balance and coordination problems and functional performance in children with intellectual disabilities.

General information

Reason for update

Acronym

IRCT registration information
IRCT registration number: **IRCT20200805048311N1**
Registration date: **2020-08-17, 1399/05/27**
Registration timing: **prospective**

Last update: **2020-08-17, 1399/05/27**
Update count: **0**

Registration date
2020-08-17, 1399/05/27

Registrant information

Name
Seyede zeinab Beheshti

Name of organization / entity

Country
Iran (Islamic Republic of)

Phone
+98 86 3366 2028

Email address
z.beheshti@arakmu.ac.ir

Recruitment status
Recruitment complete

Funding source

Expected recruitment start date
2020-10-01, 1399/07/10

Expected recruitment end date
2021-01-29, 1399/11/10

Actual recruitment start date
empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effect of task oriented intervention on motor coordination, balance and school function of children with intellectual disability

Public title

The effect of task oriented intervention on motor coordination, balance and school function of children with intellectual disability

Purpose

Supportive

Inclusion/Exclusion criteria

Inclusion criteria:

Children with intellectual disabilities 5 to 9 years old IQ 50-70 (teachable group) Has motor and balance problems

Exclusion criteria:

History of any orthopedic surgery in the last 6 months History of seizures Existence of any musculoskeletal problems Existence of accompanying disabilities Lack of cooperation of the child

Age

From **5 years** old to **9 years** old

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **60**

Randomization (investigator's opinion)

Randomized

Randomization description

Participants are selected from students with intellectual disabilities in exceptional schools in Arak who are eligible for inclusion in the study, improbably easy (available sampling) and then placed one by one in the intervention and control group.

Blinding (investigator's opinion)

Not blinded

Blinding description

Placebo

Not used

Assignment

Factorial

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Ethics committee of Arak University of Medical Sciences

Street address

School of Rehabilitation, Golestan Street , Arak

City

Arak

Province

Markazi

Postal code

3818146851

Approval date

2020-08-04, 1399/05/14

Ethics committee reference number

IR.ARAKMU.REC.1399.151

Health conditions studied

1

Description of health condition studied

intellectual disability

ICD-10 code

ICD-10 code description

Primary outcomes

1

Description

motor coordination

Timepoint

before intervention and after intervention

Method of measurement

Bruininks Oseretsky Test of Motor Proficiency 2-edition

2

Description

balance

Timepoint

before intervention and after intervention

Method of measurement

Bruininks Oseretsky Test of Motor Proficiency 2-edition

3

Description

school function

Timepoint

before intervention and after intervention

Method of measurement

School Function Assessment scale

Secondary outcomes

empty

Intervention groups

1

Description

Intervention group: 8 weeks Each week, two sessions of task-oriented interventions include 5 motor activities

Category

Rehabilitation

Recruitment centers

1

Recruitment center

Name of recruitment center

Farjam and Narjesiye spacial school

Full name of responsible person

Seyede Zeinab Beheshti

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Arak University of Medical Sciences

Full name of responsible person

Dr. Alireza Kamali

Street address

Deputy of research and technology, Complex of the Great Prophet, University of Medical Science, Arak

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3848176341

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research@arakmu.ac.ir

Grant name

Grant code / Reference number

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

Yes

Title of funding source

Arak 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

Arak University of Medical Sciences

Full name of responsible person

Seyede Zeinab Beheshti

Position

lecturer

Latest degree

Master

Other areas of specialty/work

Occupational Therapy

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Sharing plan

Deidentified Individual Participant Data Set (IPD)
No - There is not a plan to make this available
Justification/reason for indecision/not sharing IPD
There is no more information
Study Protocol
No - There is not a plan to make this available
Statistical Analysis Plan
No - There is not a plan to make this available
Informed Consent Form
No - There is not a plan to make this available
Clinical Study Report
No - There is not a plan to make this available
Analytic Code
No - There is not a plan to make this available
Data Dictionary
No - There is not a plan to make this available