Clinical Trial Protocol
Iranian Registry of Clinical Trials

08 Nov 2026

Effect of Tai Chi Chuan on balance and quality of life in women with Multiple Sclerosis in Iran Multiple Sclerosis Society in 2012

Protocol summary

Summary

purpose of study: Determine the effect of Tai Chi Chuan on balance and quality of life in women with Multiple Sclerosis. Study Design: Quasi exprimental-Two group (Intervention & Control)-Randomized-Before & after study. Inclusion criteria: women aged between 20 and 60 years, diagnosed with MS; Expanded Disability Status Scale (EDSS) score was last recorded in the patient's medical records equal to or less than 5/5; absence of other acute or chronic debilitating diseases, such as: pulmonary heart disease, musculoskeletal (joint replacement, etc.), mental or psychological problems (depression, cognitive impairment, etc.). Diagnostic criteria was patient medical records and patient self-expression; absence of pregnancy and signing the informed consent to participate in the study. Exclusion criteria: patients who met the study and inclusion criteria have not been; causing acute and severe recurrent of disease; if the patient began to practice other exercise and any reason that the patient refuse to cooperate. Target sample size: 34 patients. Intervention: Practice Tai Chi Chuan exercise. Date of intervention: Fall 2012. Duration: 12 Weeks, Twice a week. Outcomes: Measurement of balance & quality of life of MS patients.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2013021312466N1**
Registration date: **2013-03-06, 1391/12/16**
Registration timing: **retrospective**

Last update:
Update count: **0**

Registration date

2013-03-06, 1391/12/16

Registrant information

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Recruitment status

Recruitment complete

Funding source

University of Social Welfare and Rehabilitation Science

Expected recruitment start date

2012-06-21, 1391/04/01

Expected recruitment end date

2012-08-22, 1391/06/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Effect of Tai Chi Chuan on balance and quality of life in women with Multiple Sclerosis in Iran Multiple Sclerosis Society in 2012

Public title

Effect of Tai Chi Chuan on balance and quality of life in MS patients

Purpose

Supportive

Inclusion/Exclusion criteria

Inclusion criteria: women aged between 20 and 60 years, diagnosed with MS; Expanded Disability Status Scale

(EDSS) score was last recorded in the patient's medical records equal to or less than 5/5; absence of other acute or chronic debilitating diseases, such as: pulmonary heart disease, musculoskeletal (joint replacement, etc.), mental or psychological problems (depression, cognitive impairment, etc.). Diagnostic criteria was patient medical records and patient self-expression; absence of pregnancy and signing the informed consent to participate in the study. Exclusion criteria: patients who met the study and inclusion criteria have not been; causing acute and severe recurrent of disease; if the patient began to practice other exercise and any reason that the patient refuse to cooperate.

Age
From **20 years** old to **60 years** old

Gender
Female

Phase
N/A

Groups that have been masked
No information

Sample size
Target sample size: **34**

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
University of Social Welfare and Rehabilitation Sciences Ethics Committee

Street address
kodakyar Ave., daneshjo Blvd.,Evin

City
Tehran

Postal code
1985713834

Approval date
2012-01-11, 1390/10/21

Ethics committee reference number
24381

Health conditions studied

1

Description of health condition studied
Multiple Sclerosis

ICD-10 code
G35, G36,

ICD-10 code description
Demyelinating diseases of the central nervous system

Primary outcomes

1

Description
Balance

Timepoint
Before and after of intervention

Method of measurement
Berg Balance Scale (BBS)

2

Description
Quality of Life

Timepoint
Before and after of intervention

Method of measurement
Multiple Sclerosis Quality of Life (MSQOL-54)

Secondary outcomes

empty

Intervention groups

1

Description
Intervention group: training and practice of preliminary short forms and balance exercise of Tai Chi Chuan, Yang style, 12 weeks, Twice 90 minutes sessions per week.

Category
Rehabilitation

2

Description
Control group: no action

Category
N/A

Recruitment centers

1

Recruitment center

Name of recruitment center
Iran Multiple Sclerosis Society

Full name of responsible person

Street address

City
Tehran

Sponsors / Funding sources

1

Sponsor
Name of organization / entity
University of Social Welfare and Rehabilitation Science
Full name of responsible person
Sahar Setayesh
Street address
kodakyar Ave., daneshjo Blvd.,Evin
City
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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
University of Social Welfare and Rehabilitation Science
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

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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