# Clinical Trial Protocol
# Iranian Registry of Clinical Trials

07 Nov 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≤EDSS<3/5, 3/5≤EDSS<4/5 and 4/5≤EDSS≤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

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Iran (Islamic Republic of)

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**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 medcal 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 postest

**Method of measurement**
Biodex balance system

### 2

**Description**
dynamic balance

**Timepoint**
pretest and postest

**Method of measurement**
Biodex balance system

### 3

**Description**
Quality of life

**Timepoint**
pretest and postest

**Method of measurement**
MSQOL-54

## Secondary outcomes

empty

## Intervention groups

### 1

**Description**
Experimental group with 2/5≤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≤EDSS<3/5

**Category**
Rehabilitation

### 3

**Description**
Experimental group with 3/5≤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≤EDSS<4/5

**Category**

Rehabilitation

**5**

**Description**

Experimental group with 4/5≤EDSS≤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≤EDSS≤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

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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**

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 medcal sciences

**Full name of responsible person**

Behnaz Sedighi

**Position**

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## Person responsible for scientific inquiries

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## Person responsible for updating data

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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*