



## Evaluation of the effect of 8 weeks of selected training with Baneh supplementation on hemoglobin A1C in type 2 diabetic women

### Poster Presentation

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### Abstract

**Introduction:** Diabetes is the most common endocrine disorder worldwide. Therefore, the present study investigated the effect of 8 weeks of selected exercises with Baneh supplementation on hemoglobin A1C in type 2 diabetic women.

**Methods:** The method of this research was quasi-experimental. The statistical population of this study was 10 women with type 2 diabetes who were randomly divided into 4 groups (supplement, training, training + supplement, control). The duration of the study was eight weeks (3 sessions per week). In this study, the subjects in the training group performed only resistance training, the supplementary group used only supplementation, the training + supplement group performed resistance training and took supplementation at the same time. Also, during the study, the control group was prohibited from doing any resistance training or even supplementation (the control group was given a placebo). In this part, first, the normality of data distribution was investigated using the Shapiro-Wilk test, then the research hypotheses were examined using statistical methods of analysis of covariance and paired t-test. Statistical calculations were performed using SPSS software version 23 and at a (P=0.05).

**Results:** According to the results of analysis of covariance in the post-test, hemoglobin A1C levels in the training-supplement group were significantly different from the supplement (P = 0.049) and control (P = 0.001) groups, and the levels of this index in the exercise-supplement group, it was lower than the other three groups in the study. But the difference in hemoglobin A1C levels in the exercise-supplement group was not significant compared to the training group (P = 0.549).

**Conclusion:** According to the results, while confirming the first hypothesis, it can be stated that 8 weeks of selected training with Baneh supplementation has a significant effect on hemoglobin A1C in type 2 diabetic women.

### Keywords

Training; hemoglobin A1C; Baneh; type 2 diabetes

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