

Clinical Trial Protocol

Iranian Registry of Clinical Trials

02 Aug 2026

The effect of breathing exercise on breathing pattern in pregnant women of Ahvaz

Protocol summary

Summary

To evaluation the effect of breathing exercises on breathing patterns of pregnant women, 52 pregnant women who are pregnant for the first time will be select and randomly divide into two groups: intervention and control groups. After review inclusion criteria and medical examination, in the first stage, petCO₂ amount (pressure of end tidal CO₂) will be measure in both groups. The intervention group will educate to the detail breathing exercises, and after ensuring that the training achieved the participants will follow through telephone calls for 10 weeks. Subjects in the control group wont get any training. In the second stage, after 10 weeks, participants in both intervention and control groups will remeasure petCO₂ amount. Information out in the first and second stages will be compare to evaluate the effect of breathing exercises.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2014022216678N1**

Registration date: **2014-04-19, 1393/01/30**

Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2014-04-19, 1393/01/30

Registrant information

Name

Majid Ravanbakhsh

Name of organization / entity

Ahvaz Jundishapur University of Medical Sciences

Country

Iran (Islamic Republic of)

Phone

+98 61137431018

Email address

ravanbakhsh-m@ajums.ac.ir

Recruitment status

Recruitment complete

Funding source

Ahvaz Jundishapur University of Medical Sciences,
Musculoskeletal Rehabilitation Research Center

Expected recruitment start date

2013-11-11, 1392/08/20

Expected recruitment end date

2014-03-19, 1392/12/28

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effect of breathing exercise on breathing pattern in pregnant women of Ahvaz

Public title

The effect of breathing exercise on the way of breathing of pregnant women

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria: The first pregnancy experience, According to sonography of first trimester entering to the third trimester
Exclusion criteria: History of respiratory disease, Cardiovascular disease, Diabetes and Psychological disorders, History of abortion or twins or disorder in fetus, every remedy related to pregnancy

Age

From **18 years** old to **35 years** old

Gender

Female

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: 52

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

Jundishapur University of Medical Sciences

Street address

Central Hall, Jundishapur University, Golestan Blvd,
Ahvaz, Iran

City

Ahvaz

Postal code

6135715794

Approval date

2013-10-05, 1392/07/13

Ethics committee reference number

ajums.REC.1392.126

Health conditions studied

1

Description of health condition studied

pregnancy

ICD-10 code

Z34.0

ICD-10 code description

Normal first pregnancy

Primary outcomes

1

Description

End tidal CO2

Timepoint

Before intervention /10weeks after intervention

Method of measurement

Capnograph

Secondary outcomes

1

Description

Respiratory Rate

Timepoint

Before intervention and 10 week after intervention

Method of measurement

Capnography

2

Description

Saturation O2

Timepoint

Before intervention and 10 week after intervention

Method of measurement

Capnograph

3

Description

Body Mass Index

Timepoint

Before intervention and 10 week after intervention

Method of measurement

Capnograph

Intervention groups

1

Description

In the intervention group, intervention are breathing retraining(1.nasal breathing 2.hold of breath 3.diaphragmatic breathing 4.pursed lip breathing 5.slow breathing with upper limb movement) Frequency:3 times per day Duration:15-20 minutes Time:10 weeks

Category

Treatment - Other

2

Description

No intervention on control group

Category

N/A

Recruitment centers

1

Recruitment center

Name of recruitment center

Imamkhomeini Hospital

Full name of responsible person

Saadati Najmiye

Street address

Azadegan Street, Ahvaz, Iran

City

Ahvaz

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Ahvaz Jundishapur University of Medical Sciences

Full name of responsible person

Abaspour

Street address

Central Hall, Jundishapur University, Golestan Blvd,
Ahvaz, Iran

City

Ahvaz

Grant name

Grant code / Reference number

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

Yes

Title of funding source

Ahvaz Jundishapur 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

Ahvaz Jundishapur University of Medical Sciences

Full name of responsible person

Nargessi Moslem

Position

Bachelor

Other areas of specialty/work

Street address

Rehabilitation school, Golestan Hospital

City

Ahvaz

Postal code

61335669

Phone

+61 13743101

Fax

+98 37 43506

Email

nargessi.pt@gmail.com

Web page address

Person responsible for scientific inquiries

Contact

Name of organization / entity

Ahvaz Jundishapur University of Medical Sciences

Full name of responsible person

Ravanbakhsh Majid

Position

PhD /Assistant Professor

Other areas of specialty/work

Street address

Rehabilitation School, Golestan Hospital

City

Ahvaz

Postal code

61335669

Phone

+98 61 1374 3101

Fax

+98 37 43506

Email

ravanbakhsh-m@ajums.ac.ir

Web page address

Person responsible for updating data

Contact

Name of organization / entity

Ahvaz Jundishapur University of Medical Sciences

Full name of responsible person

Haddadi Razieh

Position

Bachelor

Other areas of specialty/work

Street address

Rehabilitation School, Golestan Hospital

City

Ahvaz

Postal code

61335669

Phone

+61 13743101

Fax

+98 37 43506

Email

tavanbakhshi@ajums.ac.ir

Web page address

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