Clinical Trial Protocol
Iranian Registry of Clinical Trials

17 Sep 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

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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
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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