

Clinical Trial Protocol

Iranian Registry of Clinical Trials

10 Jun 2026

Comparison of Epley Maneuver and Cinnarizine in Treatment of Benign Positional Paroxysmal Vertigo

Protocol summary

Summary

This study aims to compare the effectiveness of Epley maneuver and Cinnarizine in treatment of BPPV. In this randomized clinical trial patients with Benign Positional Paroxysmal Vertigo (BPPV) attending to vertigo clinic of Baqiyatallah hospital, Tehran, Iran in 2015 and 2016 will be assessed for eligibility. All patients will be informed of study process and possible side effects. A written informed consent will be obtained from all patients. Patients with definite diagnosis of BPPV, up to 2 days after diagnosis, and those who have not received any treatments for BPPV will be included. BPPV diagnosis will be made by single physician based on history taking and hallpike test. Patients with no definite diagnosis and those suspicious for other causes of vertigo, especially CNS involvement, will be excluded from the study. After being matched regarding age and gender, patients will be randomized to two groups: the first group (A) will undergo Epley repositioning maneuver by single physician and the second group (B) will use Cinnarizine (25mg every 8 hours) for two weeks. The block randomization will be accomplished by the clinic's automatic turn system and patients were randomized into 2 groups at a ratio of 1:1 and a block size of 4. In the first visit, results of hallpike test will be recorded for both groups and after first Epley maneuver, group A patients will be recommended to place their head 45 degrees upper the body level during sleep for two days. The patients will be evaluated for symptoms using visual analogue scale (VAS) scoring system before intervention, first and second weeks after intervention. In the second and third visit, Epley maneuver was repeated in group A patients and the results of hallpike test was recorded for both groups.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2016101717413N19**

Registration date: **2016-10-28, 1395/08/07**

Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2016-10-28, 1395/08/07

Registrant information

Name

Hamidreza Karimi-Sari

Name of organization / entity

Student Research Committee, Baqiyatallah University of Medical Sciences

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Recruitment status

Recruitment complete

Funding source

Deputy of research of Baqiyatallah University of Medical Sciences

Expected recruitment start date

2015-06-22, 1394/04/01

Expected recruitment end date

2016-06-21, 1395/04/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Comparison of Epley Maneuver and Cinnarizine in

Treatment of Benign Positional Paroxysmal Vertigo

Public title

Comparison of Epley Maneuver and Cinnarizine in Treatment of Benign Positional Paroxysmal Vertigo

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria: 1- Patients with definite diagnosis of BPPV 2- only up to 2 days after diagnosis 3- those who have not received any treatments for BPPV Exclusion criteria: 1- Patients with no definite diagnosis 2- those suspicious for other causes of vertigo, especially CNS involvement 3- not willing to participate 4- previous history of treatment

Age

No age limit

Gender

Both

Phase

3

Groups that have been masked

No information

Sample size

Target sample size: 40

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

Baqiyatallah University of Medical Sciences

Street address

Nosrati Alley, Sheykh Bahaei Street, Mollasadra street, Vanaq Square, Tehran, Iran

City

Tehran

Postal code

Approval date

2012-05-21, 1391/03/01

Ethics committee reference number

IR.BMSU.REC.1391.112

Health conditions studied

1

Description of health condition studied

Benign Positional Paroxysmal Vertigo

ICD-10 code

H81.1

ICD-10 code description

Benign paroxysmal vertigo

Primary outcomes

1

Description

Positional Paroxysmal Vertigo

Timepoint

Before, first and second week after intervention

Method of measurement

Halpike test

2

Description

Symptom Resolution

Timepoint

First and second weeks after intervention

Method of measurement

Visual Analogue Scale

Secondary outcomes

empty

Intervention groups

1

Description

The first group will undergo treatment with Epley Maneuver in the first visit and two more times in first and second weeks after intervention (three times in general)

Category

Treatment - Other

2

Description

The second group will undergo treatment with cinnarizine tablet (25 mg every 8 hours) for two weeks.

Category

Treatment - Drugs

Recruitment centers

1

Recruitment center

Name of recruitment center

Baqiyatallah Hospital

Full name of responsible person

Mohammad Hossein Khosravi

Street address

Baqiyatallah Hospital, Mollasadra st., Vanaq sq.,
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City
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Sponsors / Funding sources

1

Sponsor

Name of organization / entity
Baqiyatallah University of Medical Sciences

Full name of responsible person
Morteza Izadi

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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
Baqiyatallah 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
Student Research Committee, Baqiyatallah University
of Medical Sciences, Tehran, Iran

Full name of responsible person
Mohammad Hossein Khosravi

Position
Secretary-General

Other areas of specialty/work

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Person responsible for scientific inquiries

Contact

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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