

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

26 Jul 2026

### The effect of physical rehabilitation program on the fatigue and stress among of mustard chemical victims

#### Protocol summary

##### Summary

Materials and methods: In this research that purpose of the study is the effect of physical rehabilitation program on the fatigue and stress among of mustard chemical victims, sixty chemical mustard victims will select among clients of the chemical victims clinic of the Baqiyatallah hospital. After describing the purpose of the research and its methodology, gaining their agreement and filling paper of demographic information, a Multidimensional Fatigue and Fatigue Sevirity Questionnaires and the Perceived Stress Scale will give to them to fill. After filling questionnaires, the research units will divide into the experimental and the control groups. The experimental group will train for a physical rehabilitation plan. A rehabilitation plan includes a sport program (an arranged walking for 10 to 35 minutes for 3 to 5 days a week). The rehabilitation plan is proposed by a specialist in physical and sports medicine and guideline of the American College of Sports Medicine. In this plan, time of walking increase, according to then tolerance of the patient and commenced from 10 minutes per week and added 5 minutes to it every week and it will be 35 minutes at 6th week and the next weeks, it continues 35 minutes every day. After two months, again, Fatigue and Stress questionnaires will done by experimental and control groups and the data will enter into SPSS software and ill analyze by statistical tests.

#### General information

##### Acronym

##### IRCT registration information

IRCT registration number: **IRCT2014080218654N1**

Registration date: **2014-11-02, 1393/08/11**

Registration timing: **retrospective**

Last update:

Update count: **0**

##### Registration date

2014-11-02, 1393/08/11

##### Registrant information

###### Name

Soheil Najafi Mehri

###### Name of organization / entity

University of medical sciences Baqiyatallah

###### Country

Iran (Islamic Republic of)

###### Phone

+98 21 8355 5046

###### Email address

s.najafi@bmsu.ac.ir

##### Recruitment status

###### Recruitment complete

##### Funding source

Sciences Vice chancellor for research, Baqiyatallah university of medical sciences

##### Expected recruitment start date

2014-07-23, 1393/05/01

##### Expected recruitment end date

2014-09-23, 1393/07/01

##### Actual recruitment start date

empty

##### Actual recruitment end date

empty

##### Trial completion date

empty

##### Scientific title

The effect of physical rehabilitation program on the fatigue and stress among of mustard chemical victims

##### Public title

The effect of rehabilitation on the fatigue and stress among of mustard chemical victims

##### Purpose

Supportive

##### Inclusion/Exclusion criteria

Inclusion criteria: To be a chemical mustard victim; To be able to fill the fatigue and stress questionnaires; To have the ability to perform physical rehabilitation program.  
Exclusion criteria: Dissatisfied of the injured to continue his cooperation at any steps physical rehabilitation.

#### Age

From **40 years** old to **70 years** old

#### Gender

Male

#### Phase

2-3

#### Groups that have been masked

*No information*

#### Sample size

Target sample size: **60**

#### Randomization (investigator's opinion)

Randomized

#### Randomization description

#### Blinding (investigator's opinion)

Not blinded

#### Blinding description

#### Placebo

Not used

#### Assignment

Single

#### Other design features

### Secondary Ids

empty

### Ethics committees

#### 1

##### Ethics committee

###### Name of ethics committee

Ethics committee of university of medical sciences  
Baqiyatallah

###### Street address

Velayat complex, Artesh Sq, Shahid Langari St,  
Noboniad Sq

###### City

Tehran

###### Postal code

1615998741

###### Approval date

2014-01-11, 1392/10/21

###### Ethics committee reference number

340/3/6770/س

### Health conditions studied

#### 1

##### Description of health condition studied

Stress

##### ICD-10 code

F43.8

##### ICD-10 code description

Other reactions to severe stress

#### 2

##### Description of health condition studied

Fatigue

##### ICD-10 code

##### ICD-10 code description

### Primary outcomes

#### 1

##### Description

Fatigue

##### Timepoint

Befor of intervention and 2 months after of intervention

##### Method of measurement

Fatigue Severity Scale Questionnaire and  
Multidimensional Fatigue Inventory Questionnaire

#### 2

##### Description

stress

##### Timepoint

Befor of intervention and 2 months after of intervention

##### Method of measurement

Perceived Stress Scale Questionnaire

### Secondary outcomes

empty

### Intervention groups

#### 1

##### Description

Experiment group: Programmed Walking for 10 to 35  
minutes, 3 to 5 days a week, for 2 months

##### Category

Rehabilitation

#### 2

##### Description

Control group: Without any program

##### Category

N/A

### Recruitment centers

#### 1

##### Recruitment center

###### Name of recruitment center

clinic of Baqiyatallah Hospital

###### Full name of responsible person

Ali Ahmadi Dastjerdi

###### Street address

Next to the Sheikh Bahaie St, Molla Sadra St, vanak  
Sq

###### City

## Sponsors / Funding sources

**1**

### Sponsor

#### Name of organization / entity

Sciences Vice chancellor for research, Baqiyatallah  
university of medical sciences

#### Full name of responsible person

Sciences Vice chancellor for research, Baqiyatallah  
university of medical sciences

#### Street address

Velayat complex, Artesh Sq, Shahid Langari St,  
Noboniad Sq

#### City

Tehran

### Grant name

### Grant code / Reference number

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

Yes

### Title of funding source

Sciences Vice chancellor for research, 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

University of medical sciences Baqiyatallah

#### Full name of responsible person

Dr.Amir Vahedian Azimi

#### Position

PhD Assistant Professor

#### Other areas of specialty/work

#### Street address

Velayat complex, Artesh Sq, Shahid Langari St,  
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#### City

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#### Postal code

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#### Phone

+98 212612737

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#### Email

Amirvahedian63@gmail.com

#### Web page address

## Person responsible for scientific inquiries

### Contact

#### Name of organization / entity

University of medical sciences Baqiyatallah

#### Full name of responsible person

Dr.Soheil Najafi Mehri

#### Position

Nursing .Phd

#### Other areas of specialty/work

#### Street address

Velayat complex, Artesh Sq, Shahid Langari St,  
Noboniad Sq

#### City

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#### Postal code

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#### Phone

+98 21 2612 7237

#### Fax

#### Email

s.najafi@bmsu.ac.ir

#### Web page address

## Person responsible for updating data

### Contact

#### Name of organization / entity

University of medical sciences Baqiyatallah

#### Full name of responsible person

Ali Ahmadi Dastjerdi

#### Position

MSN

#### Other areas of specialty/work

#### Street address

Velayat complex, Artesh Sq, Shahid Langari St,  
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#### City

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#### Postal code

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#### Phone

+98 21 2612 7237

#### Fax

#### Email

ahmadid97@yahoo.com

#### 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*