Clinical Trial Protocol
Iranian Registry of Clinical Trials

18 Sep 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 continues35 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
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Iran (Islamic Republic of)
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+98 21 8355 5046
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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 Multidimentional 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

Tehran

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

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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

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

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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

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Person responsible for updating data

Contact

Name of organization / entity

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Full name of responsible person

Ali Ahmadi Dastjerdi

Position

MSN

Other areas of specialty/work

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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