

Clinical Trial Protocol

Iranian Registry of Clinical Trials

05 Aug 2026

Comparison of effect of vocal function exercises and chewing as methods of improving voice production in teachers of exceptional schools

Protocol summary

Summary

With due attention to prevalence of voice disorders in teachers and importance of prevention of this disorders; This research shows the most effective techniques to improve the voice of teachers and the prevention of voice disorders. Inclusion criteria: Acquireing VHI score below 14/5; Non smoking; Not having voice or damage laryngeal disorders; Aged between 40-26 Exclusion criteria: A day treatment program not doing; Affected with voice problem Such as: aphonia and have a cold 30 female teachers of special schools that have inclusion criteria participate in this study. They randomly divided into two groups breathing and Acoustic analyses of each subjects voice done two time within 28 days. During these 28 days, the participants of two groups doing determined exercises (Chewing exercises and vocal functional exercises) and then respiratory acoustic variables such as: fundamental frequency; frequency jitter; frequency range; maximum phonation time and S to Z ratio , are analyzed and compared with each other.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2015090623919N1**

Registration date: **2015-10-05, 1394/07/13**

Registration timing: **prospective**

Last update:

Update count: **0**

Registration date

2015-10-05, 1394/07/13

Registrant information

Name

Neda Zabihollah

Name of organization / entity

Ahvaz University of Medical Sciences

Country

Iran (Islamic Republic of)

Phone

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Recruitment status

Recruitment complete

Funding source

Ahvaz University of Medical Sciences

Expected recruitment start date

2015-10-07, 1394/07/15

Expected recruitment end date

2015-12-22, 1394/10/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Comparison of effect of vocal function exercises and chewing as methods of improving voice production in teachers of exceptional schools

Public title

Studying effect of chewing exercises and vocal function exercises on teachers voice

Purpose

Prevention

Inclusion/Exclusion criteria

Inclusion criteria: Acquireing VHI score below 14/5; Non smoking; Not having voice or damage laryngeal disorders; Aged between 40-26 Exclusion criteria: A day treatment program not doing; Affected with voice problem Such as: aphonia and have a cold

Age

From **26 years** old to **40 years** old

Gender

Female

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **30**

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

Ahvaz University of Medical Sciences

Street address

Golestan B.L.V

City

Ahvaz

Postal code

Approval date

2015-08-08, 1394/05/17

Ethics committee reference number

Ir.ajums.rec.1394.297

Health conditions studied

1

Description of health condition studied

Prevention of Voice Problems

ICD-10 code

Z50-5

ICD-10 code description

Speech Therapy

Primary outcomes

1

Description

Fundamental Frequency

Timepoint

Before and 28 days after intervention

Method of measurement

praat Softwaret

2

Description

Frequency Jitter

Timepoint

Before and 28 days after intervention

Method of measurement

praat Software

3

Description

Frequency Range

Timepoint

Before and 28 days after intervention

Method of measurement

praat Software

4

Description

Maximum Phonation Time

Timepoint

Before and 28 days after intervention

Method of measurement

Stopwatch

5

Description

S to Z sound ratio

Timepoint

Before and 28 days after intervention

Method of measurement

Stopwatch

Secondary outcomes

empty

Intervention groups

1

Description

Examination group1: Vocal functional exercise:
Sustaining / i / as long as possible on a comfortable note,
Glideing from the lowest to the highest note in the
frequency range,using/o/, Glideing from the highes note
to the lowest note in the frequency range,using /o/,
Sustaining the musical notes middle C and D,E,F,andG
above middle C for as long as possible,using/o/ , each
experimental group performe the exercises two times
each day,with two repetitions each time,during 28 days

Category

Prevention

2

Description

Examination group2: Chewing training: Talking with the person on the need for more open mouth while talking, instructioning exaggerated chewing , production of nonsense syllables like (Van, Dan, Da) with chewing, , Using word and phrases to practice chewing, Thinking to chewing, each experimental group performe the exercises two times each day,with two repetitions each time, during28 days

Category

Prevention

Recruitment centers

1

Recruitment center

Name of recruitment center

Ahvaz University of Medical Sciences,School of Rehabilitation

Full name of responsible person

Neda Zabihollah

Street address

Golestan B.L.V

City

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Department of Medical Sciences, University of Jondi Shapvr ahvaz

Full name of responsible person

Nader Saky

Street address

Room4, Ground Floor, Department of Research Development and Technology, University of Medical Sciences, City University, Ahvaz

City

Ahvaz

Grant name

Grant code / Reference number

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

Yes

Title of funding source

Department of Medical Sciences, University of Jondi Shapvr ahvaz

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 Jondi Shapur University of Medical Sciences

Full name of responsible person

Neda Zabihollah

Position

MS Student of Speech Therapy

Other areas of specialty/work

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Person responsible for scientific inquiries

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Other areas of specialty/work

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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