Clinical Trial Protocol
Iranian Registry of Clinical Trials

16 Sep 2026

Effect of breathing exercises on indicators of clinical, spirometric parameters and quality of life of patients with asthma reffered to Allergic Asthma clinic of Imam Khomeini in Ahwaz.

Protocol summary

Summary

This research is a quasi-experimental study And on patients with asthma referred to Allergic Asthma clinic at Imam Khomeini Hospital Ahwaz to investigate the effect of breathing exercises on clinical status indicators, spirometric parameters and quality of life for people with asthma is performed.The age range of 50-25 years, with a physician diagnosis of asthma at least one year of diagnosis, willing to work are the inclusion criteria. And patients with cardio - vascular and neuromuscular or patients with known chronic disease as well as patients with other respiratory diseases, patients with communication difficulties, people with 3 or 4 days consecutive days of intermittent breathing exercises do not will be excluded from the study.Patients were randomly placed in one of the test or control. Form by a patient's quality of life and lung function of patients will be assessed by spirometry test.The test Borg dyspnea before and after the 6-minute walk test case will be investigated.Breathing exercises will test group patients by the investigator.Patients 20 minutes daily for 4 weeks doing exercises.The control group did not receive any training.At the end of 4 weeks, re-form quality of life questionnaire filled in by patients and patient lung function wil be test with spirometry .At the end of 4 weeks to comply with research ethics will be taught breathing exercises to control group.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2016072629086N1**
Registration date: **2016-09-21, 1395/06/31**
Registration timing: **retrospective**

Last update:
Update count: **0**

Registration date

2016-09-21, 1395/06/31

Registrant information

Name
Nasrin Elahi

Name of organization / entity
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Recruitment status

Recruitment complete

Funding source

Ahvaz University Of Medical Sciences

Expected recruitment start date

2016-08-10, 1395/05/20

Expected recruitment end date

2016-09-15, 1395/06/25

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Effect of breathing exercises on indicators of clinical, spirometric parameters and quality of life of patients with asthma reffered to Allergic Asthma clinic of Imam Khomeini in Ahwaz.

Public title

Effects of breathing exercises on asthma

Purpose
Supportive
Inclusion/Exclusion criteria
Inclusion criteria:Age range 50-25 years ؛Specialist physician diagnosis of asthma ؛ Passing at least a year of diagnosis ؛ Willingness to cooperate in the study
Exclusion criteria: Patients with heart problems - cardiovascular and neuromuscular or patients with known chronic diseases (cancer and diabetes) as well as patients with other respiratory diseases؛ Having a communication problem ؛ Patients with 3 or 4 days consecutive days of intermittent breathing exercises not do.
Age
From **25 years** old to **50 years** old
Gender
Both

Phase
N/A
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
Parallel
Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee
Name of ethics committee
Ahvaz University Of Medical Sciences
Street address
College Of Nursing, Golestan highway, Ahvaz
City
Ahvaz
Postal code
6188615861
Approval date
2016-06-11, 1395/03/22
Ethics committee reference number
IR.AJUMS.REC.1395.175

Health conditions studied

1

Description of health condition studied
Asthma
ICD-10 code
j45
ICD-10 code description
Asthma

Primary outcomes

1

Description
Spirometric parameters
Timepoint
Before intervention and 4 weeks after intervention
Method of measurement
By spirometry

2

Description
Quality of Life
Timepoint
Before the intervention and after intervention
Method of measurement
Quality of Life Questionnaire

Secondary outcomes

1

Description
blood pressure
Timepoint
Before and after the intervention.
Method of measurement
Sphygmomanometer and according mmHg

2

Description
heart beat
Timepoint
Before and after the intervention.
Method of measurement
The number of beats per minute on the stopwatch

3

Description
respiratory rate
Timepoint
Before and after the intervention.
Method of measurement
The number of breaths per minute using the stopwatch

Intervention groups

1

Description
Breathing exercises are taught face-to-face to intervention group and patients do these exercises for 20 minutes daily for 4 weeks
Category
Other

2

Description
Not taught to control breathing exercises
Category
Other

Recruitment centers

1

Recruitment center
Name of recruitment center
Imam Khomeini Hospital
Full name of responsible person
Narges Zamanian
Street address
51 Street, Phase 2 Padad , Ahvaz
City
Ahvaz

Sponsors / Funding sources

1

Sponsor
Name of organization / entity
Ahvaz University Of Medical Sciences
Full name of responsible person
Nasrin Elahii
Street address
51 Street, Phase 2 Padad, Ahvaz
City
Ahvaz
Grant name
Grant code / Reference number
Is the source of funding the same sponsor organization/entity?
Yes
Title of funding source
Ahvaz 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 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