

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

26 Jun 2026

### Effect of breathing exercises on indicators of clinical, spirometric parameters and quality of life of patients with asthma referred 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 will 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

Ahwaz Jundishapur University Of Medical Sciences

###### Country

Iran (Islamic Republic of)

###### Phone

+98 61 3373 8071

###### Email address

elahi-n@ajums.ac.ir

##### Recruitment status

**Recruitment complete**

##### Funding source

Ahwaz 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 referred 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

Ahvaz University Of Medical Sciences

#### Full name of responsible person

Leila Fakharzadeh

#### Position

Masters

#### Other areas of specialty/work

#### Street address

Sinai Hospital

#### City

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## Person responsible for scientific inquiries

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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*