

Clinical Trial Protocol

Iranian Registry of Clinical Trials

13 Jul 2026

Comparative study on the efficacy of symptomatic relaxation techniques, laryngeal manual therapy and combined method in voice therapy in teachers with muscle tension dysphonia

Protocol summary

Study aim

Comparative study on the efficacy of symptomatic relaxation techniques, laryngeal manual therapy and combined method in voice therapy in teachers with muscle tension dysphonia

Design

The design of the research is a randomized clinical trial.

Settings and conduct

The population studied in this study is the primary school teachers in Tehran city of who have an voice complaint. Therapeutic sessions will be hold at the private speech therapy clinic.

Participants/Inclusion and exclusion criteria

Teachers included who aged 25 to 50 years old and had no history of allergy, hearing loss, endocrine diseases, neurologic disorders, addiction, and voice therapy. They should have no catching colds and upper respiratory tract infection 1 month before initiation and duration the study. Moreover, they should not place in a menopause or menstrual period at the time of study. They excluded when they were not able to continue treatment protocols and lose any of above inclusion criteria.

Intervention groups

Teachers are randomly assigned to three groups, The first teacher who visits placed in symptomatic voice therapy, next in circumlaryngeal manual therapy, next placed in combined method

Main outcome variables

Voice handicap index; dysphonia severity index; perceptual auditory quality of voice; length of larynx; muscle tension; stroboscopic characteristic

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20170922036319N2**

Registration date: **2018-09-04, 1397/06/13**

Registration timing: **prospective**

Last update: **2018-09-04, 1397/06/13**

Update count: **0**

Registration date

2018-09-04, 1397/06/13

Registrant information

Name

samira aghadoost

Name of organization / entity

Country

Iran (Islamic Republic of)

Phone

+98 21 4489 4053

Email address

samira.aghadoost@gmail.com

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2018-09-05, 1397/06/14

Expected recruitment end date

2018-11-05, 1397/08/14

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Comparative study on the efficacy of symptomatic relaxation techniques, laryngeal manual therapy and combined method in voice therapy in teachers with

muscle tension dysphonia

Public title
The effect of voice therapy in improving voice quality in teachers

Purpose
Treatment

Inclusion/Exclusion criteria
Inclusion criteria:
Teachers included who aged 25 to 50 years old No history of allergy, hearing loss, endocrine diseases, neurologic disorders, addiction, and voice therapy. They should have no catching colds and upper respiratory tract infection 1 month before initiation and duration the study. No use of cigarettes, drugs and alcoholic beverages Having voice complaint that lasted more than 3 months Not participated in other voice therapy program Not having a history or presence of various diseases associated with the digestive system, with the exception of gastroesophageal reflux due to its relatively high prevalence Receive MTD diagnosis by ENT physician and speech and language pathology They should not place in a menopause or menstrual period at the time of study.
Exclusion criteria:
They excluded when they were not able to continue treatment protocols and lose any of above inclusion criteria.

Age
From **25 years** old to **50 years** old

Gender
Female

Phase
N/A

Groups that have been masked
No information

Sample size
Target sample size: **24**

Randomization (investigator's opinion)
N/A

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
Tehran University of Medical Sciences
Street address

Rehabilitation school, Darvazeh Shemiran
City
Tehran
Province
Tehran
Postal code
14738350543
Approval date
2017-12-31, 1396/10/10
Ethics committee reference number
IR.TUMS.VCR.REC.1396.4091

Health conditions studied

1

Description of health condition studied
Muscle tension dysphonia
ICD-10 code
R49.8
ICD-10 code description
Other voice and resonance disorders

Primary outcomes

1

Description
Dysphonia severity index
Timepoint
Before, during and after treatment
Method of measurement
Acoustic analysis and formula calculation

2

Description
Grade of dysphonia
Timepoint
Before, during and after treatment
Method of measurement
Auditory perceptual judgments

3

Description
Voice handicap index
Timepoint
Before, during and after treatment
Method of measurement
Self-assessment questionnaire

4

Description
Repetition of vocal tract discomfort
Timepoint
Before and after treatment
Method of measurement
Self-assessment questionnaire

5

Description

Severity of vocal tract discomfort

Timepoint

Before and after treatment

Method of measurement

Self-assessment questionnaire

6

Description

Stroboscopic characteristic

Timepoint

Pre and post treatment

Method of measurement

Observation and perceptual judgment

7

Description

Pattern of muscle tension

Timepoint

Pre and post treatment

Method of measurement

Observation and perceptual judgment

8

Description

Muscle tension of larynx

Timepoint

Before, during and after treatment

Method of measurement

Palpation

9

Description

Length of larynx

Timepoint

Before, during and after treatment

Method of measurement

Palpatory

Secondary outcomes

empty

Intervention groups

1

Description

Intervention group: symptomatic voice therapy :One of the direct approaches is symptomatic voice therapy which proposed by Boone (1971) is based on the principles of behavior therapy. This approach uses a variety of voice facilitating techniques through direct modification respiratory and phonatory systems lead to improvement in symptoms of voice production on correction of voice production symptoms and manipulates voice characteristic. The treatment

techniques were presented for 10 individual sessions twice a week and each session lasted approximately 45 min

Category

Treatment - Other

2

Description

Intervention group: manual therapy: Physiologic voice therapy approach is another direct philosophy which recently has been considered in voice therapy of MTD aimed to directly alter or modify the physiology of the vocal mechanism. It seems laryngeal muscle tension imbalance is one possible physiologic cause of voice disturbances so laryngeal manual therapy can be noticed as a useful primary intervention in dysphonia, particularly MTD. In functional voice disorders muscle imbalance pressure, abnormal coordination patterns of muscles and intrinsic and extrinsic laryngeal muscles tension may change the cartilaginous structures and position of the larynx. Circumlaryngeal manual therapy proposed by Aronson is the first laryngeal manual therapy technique which has been gained more attention. The treatment techniques were presented for 10 individual sessions twice a week and each session lasted approximately 45 min.

Category

Treatment - Other

3

Description

Intervention group: combined method: Combined approaches combine one or more therapies to treat patients with voice impairment. The treatment techniques were presented for 10 individual sessions twice a week and each session lasted approximately 45 min

Category

Treatment - Other

Recruitment centers

1

Recruitment center

Name of recruitment center

Amiralam hospital

Full name of responsible person

Dr. Maryam Khoddami

Street address

Amiralam hospital, Saadi St., Enghelab St.

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity

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Full name of responsible person

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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

Tehran University of Medical Sciences

Proportion provided by this source

100

Public or private sector

Public

Domestic or foreign origin

Domestic

Category of foreign source of funding

empty

Country of origin**Type of organization providing the funding**

Academic

Person responsible for general inquiries

Contact**Name of organization / entity**

Tehran University of Medical Sciences

Full name of responsible person

Samira Aghadoost

Position

PhD student

Latest degree

Master

Other areas of specialty/work

Speech therapy

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Fax**Email**

Sharing plan

Deidentified Individual Participant Data Set (IPD)

No - There is not a plan to make this available

Justification/reason for indecision/not sharing IPD

No more information

Study Protocol

Yes - There is a plan to make this available

Statistical Analysis Plan

Undecided - It is not yet known if there will be a plan to make this available

Informed Consent Form

Yes - There is a plan to make this available

Clinical Study Report

Undecided - It is not yet known if there will be a plan to make this available

Analytic Code

Undecided - It is not yet known if there will be a plan to make this available

Data Dictionary

Undecided - It is not yet known if there will be a plan to make this available

Title and more details about the data/document

Part of the information about the outcome of the treatments will be mentioned

When the data will become available and for how long

Start the access period 6 months after printing the results

To whom data/document is available

For scholars working in academic institutions

Under which criteria data/document could be used

It can be used by mentioning the name and source of the published articles simply .

From where data/document is obtainable

Samira Aghadoost samira.aghadoost@gmail.com Tehran university of medical sciences

What processes are involved for a request to access data/document

Email for samira.aghadoost@gmail.com and Wait for answers in less than a month

Comments