

Clinical Trial Protocol

Iranian Registry of Clinical Trials

11 Jul 2026

The effect of yoga breathing training on asthma control and quality of life in children with asthma

Protocol summary

Registration timing: **registered_while_recruiting**

Study aim

Determining the effect of yoga breathing exercises on asthma control and the quality of life of children with asthma

Last update: **2018-07-16, 1397/04/25**

Update count: **0**

Registration date

2018-07-16, 1397/04/25

Design

Clinical trial with control group

Registrant information

Name

Fahimeh Sabeti

Name of organization / entity

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Iran (Islamic Republic of)

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Settings and conduct

Research area, Asthma and Allergy Clinic of Ali Asghar Hospital (AS), Iran University of Medical Sciences

Participants/Inclusion and exclusion criteria

Inclusion criteria: Confirmation of Mild Continuous Asthma and Moderate Continuous Asthma Based on Physician! Diagnosis in accordance with Global 2016 Guideline! Pass six months to one year from diagnosis! Do not take antidepressants and anti-anxiety drugs! The absence of recent pulmonary infections, tuberculosis, cardiovascular failure, massive skeletal disorders, acute and limiting diseases. Exclusion criteria :Absence in one of the stages of completion of the questionnaire! Non-performing exercises at home! Participation in yoga practice classes or other complementary therapies In the last one year! the occurrence of a dangerous attack or event associated with the illness! The occurrence of any unexpected incident affecting life during the study.

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2018-06-18, 1397/03/28

Expected recruitment end date

2018-08-19, 1397/05/28

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Intervention groups

There are two groups : intervention and control. in the intervention group The yoga breathing exercises are taught and the child is asked to perform them. The control group receives routine training.

Main outcome variables

Asthma control, quality of life

Scientific title

The effect of yoga breathing training on asthma control and quality of life in children with asthma

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20180501039489N1**

Registration date: **2018-07-16, 1397/04/25**

Public title

The effect of yoga on asthma in children

Purpose

Education/Guidance

Inclusion/Exclusion criteria

Inclusion criteria:

Confirmation of Mild and Moderate Continuous Asthma Based on Physician Diagnosis in accordance with Global 2016 Guideline Passing six months to one year from diagnosis Do not take antidepressants and anti-anxiety drugs The absence of recent pulmonary infections, tuberculosis, cardiovascular failure, massive skeletal disorders, acute and limiting diseases

Exclusion criteria:

Absence in one of the stages of completion of the questionnaire Non-performing exercises at home Participation in yoga practice classes or other complementary therapies in the last one year The occurrence of any attack or dangerous event associated with the illness The occurrence of any unexpected incident affecting life during study.

Age

From **6 years** old to **12 years** old

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **80**

Randomization (investigator's opinion)

Not randomized

Randomization description

Blinding (investigator's opinion)

Not blinded

Blinding description

Placebo

Not used

Assignment

Other

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Ethics Committee of Iran University of Medical Sciences

Street address

Shahid Hemmat Highway, Iran University of Medical Sciences,

City

Tehran

Province

Tehran

Postal code

14665-354

Approval date

2018-03-01, 1396/12/10

Ethics committee reference number

IR.IUMS.REC 1396.9411687007

Health conditions studied

1

Description of health condition studied

pediatric asthma

ICD-10 code

J45.0

ICD-10 code description

Predominantly allergic asthma

Primary outcomes

1

Description

The child's asthma control score is obtained by completing the questionnaire

Timepoint

Two months after training exercises

Method of measurement

Childhood Asthma Control Test

2

Description

The Pediatric Quality of life score is obtained by completing the questionnaire

Timepoint

Two months after training exercises

Method of measurement

Pediatric Asthma Quality of life

Secondary outcomes

empty

Intervention groups

1

Description

Intervention group: Patients referred to asthma clinics on even days, Complete Childhood Asthma Control Questionnaire, Children's Quality of Life Questionnaire and Demographic Questionnaire before education, Education of Yoga respiratory exercises are performed and repeated by the researcher until they are learned. If needed, the training will be held in two sessions, the child will perform yoga exercises with parental supervision twice a day at home and run for 2 months.

Category

Rehabilitation

2

Description

Control group: Patients referred to asthma clinics on odd days, Complete the Childhood Asthma Control

Questionnaire, Children's Quality of Life Questionnaire and Demographic Questionnaire, then they receive the usual training and treatment and After 2 months follow up.

Category

Rehabilitation

Recruitment centers

1

Recruitment center

Name of recruitment center

AliAsghar children Hospital, Iran, Tehran

Full name of responsible person

Somayeh Nasrollah Pour

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No. 193, Vahiddastgerdy St, Modares highway

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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

Iran 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

Iran University of Medical Sciences

Full name of responsible person

Fahimeh Sabeti

Position

Instructor

Latest degree

Master

Other areas of specialty/work

Nursery

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Person responsible for scientific inquiries

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Full name of responsible person

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Latest degree

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Other areas of specialty/work

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Sharing plan

Deidentified Individual Participant Data Set (IPD)

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

Study Protocol

Undecided - It is not yet known if there will be 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

Undecided - It is not yet known if there will be 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