

# 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

##### Country

Iran (Islamic Republic of)

##### Phone

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sabeti.f@iums.ac.ir

#### 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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**Sponsors / Funding sources**

**1**

**Sponsor**

**Name of organization / entity**

Iran University of Medical Sciences

**Full name of responsible person**

Seyyed Kazem Malekoti

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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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Rashidyasemi St, Valiasr St, Nursing school, Iran University of medical Sciences

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Faculty Member's

**Latest degree**

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**Other areas of specialty/work**

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## Person responsible for updating data

### Contact

**Name of organization / entity**

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**Full name of responsible person**

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**Position**

faculty member

**Latest degree**

Master

**Other areas of specialty/work**

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۱۹۹۶۷۱۳۸۸۳

## 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