

Clinical Trial Protocol

Iranian Registry of Clinical Trials

12 Jul 2026

The Comparative Study of the Effect of Aerobic-Resistance Exercises on Pulmonary Functional Capacity and Cardiorespiratory Fitness of Patients with Asthma

Protocol summary

Summary

In order to study the effects of two types of exercise programs of aerobic and aerobic-resistance on the Pulmonary Function test and the quality of life of patients with Asthma, 87 patients with mild to moderate Asthma whose age ranged between 14 to 55 are selected. At first, pulmonary function, the blood pressure and the rest heart rate of these patients will be measured. Also, they will be asked to fill in the SGRQ quality of life questionnaire. Then, for two weeks they will be required to attend in the educational sessions in which they will become more familiar with their disease and some of its risk factors. After dividing the patients into two groups, two exercise programs (aerobic and aerobic-resistance) will be given to each group. For 10 weeks the patients will be supposed to do the exercises at home 3 to 5 days a week. The patients will be followed regularly during these 10 weeks. At last, the Pulmonary Function test, the blood pressure and the rest heart rate of the patients as well as the quality of life questionnaire will be given. By comparing the acquired results of pre and post examinations, the differences between these two groups and the efficacy of each exercise program will be identified.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT138811143270N1**
Registration date: **2010-04-28, 1389/02/08**
Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2010-04-28, 1389/02/08

Registrant information

Name

Masoud Fesharaki

Name of organization / entity

Tehran University of Medical Sciences and Health Services

Country

Iran (Islamic Republic of)

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+98 21 8800 5417

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Recruitment status

Recruitment complete

Funding source

Tehran University of Sciences and Health Services

Expected recruitment start date

2009-09-23, 1388/07/01

Expected recruitment end date

2009-11-21, 1388/08/30

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The Comparative Study of the Effect of Aerobic-Resistance Exercises on Pulmonary Functional Capacity and Cardiorespiratory Fitness of Patients with Asthma

Public title

The Effects of Exercising on Patients with Asthma

Purpose

Supportive

Inclusion/Exclusion criteria

Inclusion criteria: 1- Having mild to moderate Asthma 2-

Age between 14 to 55 3- Having no heart and metabolic disease
Exclusion criteria: 1- Patients who do not work cooperatively 2- Exacerbation of patients' disease

Age

From **14 years** old to **55 years** old

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **87**

Randomization (investigator's opinion)

Randomized

Randomization description

Blinding (investigator's opinion)

Single 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 Sciences and Health Services

Street address

Tehran- Keshavarz Boulevard

City

Tehran

Postal code

Approval date

2009-08-04, 1388/05/13

Ethics committee reference number

8548-53-02-88

Health conditions studied

1

Description of health condition studied

Asthma

ICD-10 code

J45

ICD-10 code description

Asthma

Primary outcomes

1

Description

Pulmonary function

Timepoint

Prior to intervention, after the intervention

Method of measurement

Pulmonary function test

2

Description

Blood pressure

Timepoint

prior to intervention, after the intervention

Method of measurement

Mercury barometer

3

Description

Rest heart rate

Timepoint

Prior to intervention, after the intervention

Method of measurement

Stethoscope

4

Description

Quality of life

Timepoint

Prior to intervention, after the intervention

Method of measurement

SGRQ questionnaire

Secondary outcomes

empty

Intervention groups

1

Description

aerobic

Category

Rehabilitation

2

Description

aerobic-resistance

Category

Rehabilitation

Recruitment centers

1

Recruitment center

Name of recruitment center

Doctor Shariati Training, research and treatment

center

Full name of responsible person

Street address

City

Tehran

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Tehran University of Medical Sciences and Health Services

Full name of responsible person

Mr. Madadi

Street address

Tehran, Keshavarz Boulevard, Ghoda St., Ghods building

City

Tehran

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 and Health Services

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

Tehran University of Medical Sciences and Health Services, Sports Medicine Department

Full name of responsible person

Masoud Fesharaki

Position

Doctor of Medicine

Other areas of specialty/work

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Web page address

Person responsible for scientific inquiries

Contact

Name of organization / entity

Tehran University of Medical Sciences and Health Services

Full name of responsible person

Dr. Paknezhad

Position

Physician: an expert internal diseases - lung specialist

Other areas of specialty/work

Street address

Jalal Al Ahmad Highway, between working the streets and highways, Shariati Hospital

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Web page address

Person responsible for updating data

Contact

Name of organization / entity

Tehran University of Medical Sciences and Health Services, Sports Medicine Department

Full name of responsible person

Masoud Fesharaki

Position

Resident

Other areas of specialty/work

Street address

City

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Postal code

Phone

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Email

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