Clinical Trial Protocol
Iranian Registry of Clinical Trials

16 Sep 2026

Quality of life in asthmatic children before and after peak-flow-meter usage

Protocol summary

Summary

The aim of this study was to evaluate the effect of peak flow meter usage on quality of life in asthmatic children. The study population was 80 asthmatic children between 7 to 15 years old. Inclusion criterion was involving in asthma and exclusion criterion was lack of previous peak flow meter usage. The intervention was using (blowing into) peak flow meter device, 3 times a day for 3 months and its outcomes (primary) were activity limitation, symptoms and motivation functions. Finally, upon these primary outcomes, secondary outcome, quality of life, in asthmatic children, was measured.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT138903244163N1**
Registration date: **2010-06-14, 1389/03/24**
Registration timing: **retrospective**

Last update:
Update count: **0**

Registration date

2010-06-14, 1389/03/24

Registrant information

Name

Iman Ghaffarpasand

Name of organization / entity

Kashan University of Medical Science

Country

Iran (Islamic Republic of)

Phone

+98 36 1555 1991

Email address

i_ghaffarpasand@kaums.ac.ir

Recruitment status

Recruitment complete

Funding source

Kashan University of Medical Sciences and Health Services

Expected recruitment start date

2009-03-21, 1388/01/01

Expected recruitment end date

2010-01-08, 1388/10/18

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Quality of life in asthmatic children before and after peak-flow-meter usage

Public title

Quality of life in asthmatic children

Purpose

Supportive

Inclusion/Exclusion criteria

Inclusion criteria: Presence of asthma Exclusion criteria: Lack of past peak-flow-meter usage

Age

From **7 years** old to **15 years** old

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **80**

Randomization (investigator's opinion)

N/A

Randomization description

Blinding (investigator's opinion)

Single blinded
Blinding description
Placebo
Not used
Assignment
Single
Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee
Name of ethics committee
Kashan University of Medical Sciances and Health Services Ethics Committee
Street address
Ghotb-e-Ravandi Street
City
Kashan
Postal code
8754987111
Approval date
2008-12-02, 1387/09/12
Ethics committee reference number
265-263

Health conditions studied

1

Description of health condition studied
Asthma
ICD-10 code
J45.9
ICD-10 code description
Asthma, unspecified

Primary outcomes

1

Description
Activity limitation
Timepoint
3 months
Method of measurement
Questionnaire

2

Description
Symptoms
Timepoint
3 months
Method of measurement
Questionnaire

3

Description
Motivation functions
Timepoint
3 months
Method of measurement
Questionnaire

Secondary outcomes

1

Description
Quality of life
Timepoint
3 months
Method of measurement
Questionnaire

Intervention groups

1

Description
Using peakflowmeter device (blowing in) 3 times a day for 3 months
Category
Diagnosis

Recruitment centers

1

Recruitment center
Name of recruitment center
Asthma and Allergy Clinic - Shahid Beheshti Hospital
Full name of responsible person
Dr Marzieh Heidarzade
Street address
Ghotb-e-Ravandi Street
City
Kashan

Sponsors / Funding sources

1

Sponsor
Name of organization / entity
Vice-chancellor for Research, Kashan University of Medical Sciences and Health Services
Full name of responsible person
Gholam ali Hamidi, PhD
Street address
Ghotb-e-Ravandi Street
City
Kashan
Grant name
Grant code / Reference number
Is the source of funding the same sponsor organization/entity?

Yes

Title of funding source

Vice-chancellor for Research, Kashan 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

Kashan University of Medical Sciences and Health Services

Full name of responsible person

Iman Ghaffarpasand

Position

Student of medicine

Other areas of specialty/work

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Position

Assistant Professor in pediatric immunology and allergy

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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