

Clinical Trial Protocol

Iranian Registry of Clinical Trials

09 Jun 2026

The effect of Hypnotherapy on the improvement of symptoms of Asthmatic Patients

Protocol summary

Study aim

Determine the effect of Hypnotherapy on the improvement of symptoms of Asthma affected patients

Design

Clinical trial with controlled group, triple-blind, randomized

Settings and conduct

In Hypnotherapy session, in Shahid Mofateh Clinic of Yasouj City, the patient was educated about trancing, creating fatigue in the eyes and muscle relaxation, creating concentration and trance, trance deepening via strengthening imaginary and mental image, giving effective and positive suggestions specially presenting suggestions in connection with solving respiratory problems resulted from Asthma.

Participants/Inclusion and exclusion criteria

Inclusion criteria of samples included; age range of 10-60 years, having at least one year history of affection to asthma and diagnosing of asthma disease by physician.

Intervention groups

Each individual from intervention group underwent Hypnotherapy by scientific method for one session of 1.5 hours. The control group had routine therapeutic procedure.

Main outcome variables

Asthma severity based on check-list Forces Expiratory Volume in first second (FEV1) by Peak Flow Meter

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20100919004775N10**

Registration date: **2018-07-28, 1397/05/06**

Registration timing: **retrospective**

Last update: **2018-07-28, 1397/05/06**

Update count: **0**

Registration date

2018-07-28, 1397/05/06

Registrant information

Name

Zinat Mohebbi

Name of organization / entity

Shiraz University of Medical Sciences

Country

Iran (Islamic Republic of)

Phone

+98 71 1647 4254

Email address

zmohebi@sums.ac.ir

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2008-01-16, 1386/10/26

Expected recruitment end date

2010-01-14, 1388/10/24

Actual recruitment start date

2008-03-20, 1387/01/01

Actual recruitment end date

2010-03-21, 1389/01/01

Trial completion date

empty

Scientific title

The effect of Hypnotherapy on the improvement of symptoms of Asthmatic Patients

Public title

The effect of Hypnotherapy on Improvement of Asthma

Purpose

Supportive

Inclusion/Exclusion criteria

Inclusion criteria:

Showing propensity of participating in study and filling

the informed consent Age range of 10-60 years Having at least one year history of affection to Asthma Diagnosing of Asthma disease by physician

Exclusion criteria:

Being under therapeutic programs like Homeopathy, relaxation etc.

Age

From **10 years** old to **60 years** old

Gender

Both

Phase

N/A

Groups that have been masked

- Care provider
- Outcome assessor
- Data analyser

Sample size

Target sample size: **72**

More than 1 sample in each individual

Number of samples in each individual: **4**

Before, immediately, 2 weeks and 4 weeks after intervention

Actual sample size reached: **64**

More than 1 sample in each individual

Actual sample size in each individual: **4**

Before, immediately, 2 weeks and 4 weeks after intervention

Randomization (investigator's opinion)

Randomized

Randomization description

Samples selecting on the basis of Block Randomization sampling method

Blinding (investigator's opinion)

Triple blinded

Blinding description

The Internist, the recorder of Check-list, the person doing Peak Flow Meter and statistical advisor had no knowledge about the matter that, the under studied sample was belong to which groups.

Placebo

Not used

Assignment

Other

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Ethics committee of Yasouj University of Medical Sciences

Street address

Yasouj University of Medical Sciences, near imam sajad hospital, Yasouj, Iran

City

Yasouj

Province

Kohgilouyeh-va-Boyrahmad

Postal code

7591994799

Approval date

2008-01-15, 1386/10/25

Ethics committee reference number

23/5/6865/پ

Health conditions studied

1

Description of health condition studied

Asthma

ICD-10 code

J45

ICD-10 code description

Chronic lower respiratory diseases

2

Description of health condition studied

Asthma

ICD-10 code

J40-J47

ICD-10 code description

Asthma

Primary outcomes

1

Description

Asthma Disease Severity

Timepoint

Before intervention, immediately, 2 weeks and 4 weeks after intervention

Method of measurement

The checklist was originated from guideline table of diagnosis and treatment of Asthma that has been published by national institute of Health, Heart, Lung and Blood

Secondary outcomes

empty

Intervention groups

1

Description

Intervention group: Each individual from intervention group underwent Hypnotherapy by scientific method for one session of 1.5 hours. In this session, the patient was educated about trancing, creating fatigue in the eyes and muscle relaxation, creating concentration and trance, trance deepening via strengthening imaginary and mental image, giving positive and effective

suggestions specially presenting suggestions in connection with solving respiratory problems resulted from Asthma that the patient performed them simultaneously. Lightening trance and bringing out the patient from it was carried out at the end.

Category

Other

2**Description**

Control group: Asthma disease treatment with routine process was just carried out for this group.

Category

Treatment - Drugs

Recruitment centers**1****Recruitment center****Name of recruitment center**

Shahid Mofateh Clinic of Yasouj City

Full name of responsible person

Zinat Mohebbi

Street address

Nursing and midwifery college, namazi Square

City

Shiraz

Province

Fars

Postal code

7193613119

Phone

+98 71 3647 4254

Email

mohebbi04@yahoo.com

Sponsors / Funding sources**1****Sponsor****Name of organization / entity**

Yasouj University of Medical Sciences

Full name of responsible person

Mohammad Zoladl

Street address

Yasouj University of Medical Sciences, near the Immam Sajad hospital

City

Yasouj

Province

Kohgilouyeh-va-Boyrahmad

Postal code

7591994799

Phone

+98 74 3323 4115

Fax

+98 74 3323 4115

Email

M_zoladl@yahoo.com

Grant name**Grant code / Reference number**

6865

Is the source of funding the same sponsor organization/entity?

Yes

Title of funding source

Yasouj 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**

Shiraz University of Medical Sciences

Full name of responsible person

Zinat Mohebbi

Position

Assistant professor in Nursing

Latest degree

Ph.D.

Other areas of specialty/work

Nursery

Street address

Nursing and midwifery college, Nemazi Squer

City

Shiraz

Province

Fars

Postal code

7193613119

Phone

+98 71 3647 4256

Email

mohebbi04@yahoo.com

Person responsible for scientific inquiries**Contact****Name of organization / entity**

Shiraz University of Medical Sciences

Full name of responsible person

Zinat Mohebbi

Position

Assistant professor in Nursing

Latest degree

Ph.D.

Other areas of specialty/work

Nursery

Street address

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Shiraz
Province
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Email
mohebbi04@yahoo.com

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Province
Fars
Postal code
7193613119
Phone
+98 71 3647 4257
Email
mohebbi04@yahoo.com

Person responsible for updating data

Contact

Name of organization / entity
Shiraz University of Medical Sciences
Full name of responsible person
Zinat Mohebbi
Position
Assistant professor in Nursing
Latest degree
Ph.D.
Other areas of specialty/work
Nursery
Street address
Nursing and midwifery college, Nemazi Squer
City

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

There are not further data

Study Protocol

No - There is not a plan to make this available

Statistical Analysis Plan

No - There is not a plan to make this available

Informed Consent Form

No - There is not a plan to make this available

Clinical Study Report

No - There is not a plan to make this available

Analytic Code

No - There is not a plan to make this available

Data Dictionary

No - There is not a plan to make this available