

Clinical Trial Protocol

Iranian Registry of Clinical Trials

10 Jun 2026

comparison of bobath versus task oriented approach in young stroke patients

Protocol summary

Study aim

The aim of this study To determine the effect of bobath approach verses task oriented approach for motor activity, activity of daily living and quality of life in young stroke patients

Design

This study was randomized controlled trail. Data was taken from the department of physical therapy of private sector teaching hospital in Pakistan. Randomized sampling technique was used for data collection.

Settings and conduct

Patient was recruited from Carex hospital and Ch .M akram teaching and research hospital Lahore

Participants/Inclusion and exclusion criteria

In this study patients included both male and female equally under the age of 16 to 45 and after diagnosis of stroke. In this study excluded Patient with comorbidities such as known case of Brain Tumor, Head Injury. Infective conditions of brain or hemi-section of spinal cord, Psychiatric problems, post-operative orthopedic surgery and cardiovascular disease. Orthopedic impairments Total knee replacement, Total hip replacement, Shoulder Arthroplasty Prosthetic Implants

Intervention groups

group A (TASK ORIENTED APPROACH) GROUP B(BOBATH APPROACH)

Main outcome variables

Barthel Index was used for observing improvement in activities performed by affected limb. Motor assessment scale was used for assessment of sensori- motor function of affected limb. Specific quality of life scale will be used for assessment of quality-of-life component in stroke patients.

General information

Reason for update

Acronym

bobath & task oriented approach

IRCT registration information

IRCT registration number: **IRCT20210614051573N1**

Registration date: **2021-10-27, 1400/08/05**

Registration timing: **retrospective**

Last update: **2021-10-27, 1400/08/05**

Update count: **0**

Registration date

2021-10-27, 1400/08/05

Registrant information

Name

zohaib shahid

Name of organization / entity

The superior university lahore pakistan

Country

Pakistan

Phone

+92 42 35244954

Email address

zabi809@live.com

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2018-09-27, 1397/07/05

Expected recruitment end date

2019-04-20, 1398/01/31

Actual recruitment start date

2018-09-27, 1397/07/05

Actual recruitment end date

2019-05-30, 1398/03/09

Trial completion date

2019-05-30, 1398/03/09

Scientific title

comparison of bobath versus task oriented approach in young stroke patients

Public title

comparison of bobath versus task oriented approach in young stroke patients

Purpose

Treatment

Inclusion/Exclusion criteria**Inclusion criteria:**

Participants with diagnosis of stroke Both males and females. Age 16 to 45 participants Ischemic type stroke patients

Exclusion criteria:

Patient with comorbidities such as known case of Brain Tumor, Head Injury. Infective conditions of brain or hemi-section of spinal cord, Psychiatric problems, Post-operative orthopedic surgery and cardiovascular disease Orthopedic impairments Total knee replacement, Total hip replacement, Shoulder Arthroplasty Prosthetic Implants

Age

From **16 years** old to **45 years** old

Gender

Both

Phase

2

Groups that have been masked

- Participant
- Investigator

Sample size

Target sample size: **60**

More than 1 sample in each individual

Number of samples in each individual: **2**

pre and post treatment data was collected by the participants

Actual sample size reached: **60**

More than 1 sample in each individual

Actual sample size in each individual: **2**

pre and post treatment data was collected and each participant took part in these 2 reading

Randomization (investigator's opinion)

Randomized

Randomization description

This study was randomized controlled trial. Data was taken from the department of physical therapy of private sector teaching hospital in Pakistan. Randomized sampling technique was used for data collection. Total 60 patients were included in this study. Barthel Index was used for observing improvement in activities performed by affected limb. Motor assessment scale was used for assessment of sensorimotor function of affected limb. Specific quality of life scale will be used for assessment of quality-of-life component in stroke patients.

Blinding (investigator's opinion)

Single blinded

Blinding description

Study is double blind because participants and investigator don't know regarding technique which one technique is better for young stroke patients

Placebo

Not used

Assignment

Parallel

Other design features**Secondary Ids**

empty

Ethics committees**1****Ethics committee****Name of ethics committee**

INTER REVIEW COMMITTEE OF UNIVERSITY OF LAHORE

Street address

BOBTIAN CHOWK UNIVERSITY OF LAHORE

City

lahore

Postal code

54000

Approval date

2018-09-27, 1397/07/05

Ethics committee reference number

IRB -UOL -FHS/383/2018

Health conditions studied**1****Description of health condition studied**

:Stroke is leading cause of disability and according to world health organization worldwide stroke is second leading cause of mortality. Stroke is a worldwide health problem with incidence of 0.2 to 2.5 per 1000 population. Stroke patients lead to the paralysis one or both side of the body causing difficulty in ADLs and ambulation

ICD-10 code

G46.4

ICD-10 code description

Cerebellar stroke syndrome

Primary outcomes**1****Description**

QUALITY OF LIFE IN STROKE PATIENTS

Timepoint

DATA COLLECTION STARTED 27 NOV 2018 TO ONWORD AFTER 8 WEEK post treatment reading was taken

Method of measurement

bathe index , motor assessment scale , specific stroke quality of life

Secondary outcomes

empty

Intervention groups

1

Description

Intervention group: A task oriented approach

Category

Rehabilitation

2

Description

Intervention group: bobath approach

Category

Rehabilitation

Recruitment centers

1

Recruitment center

Name of recruitment center

Carex hospital

Full name of responsible person

Zohaib Shahid

Street address

Carex hospital township lahore

City

Lahore

Postal code

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Phone

+92 42 35154163

Email

zabi809@live.com

Web page address

2

Recruitment center

Name of recruitment center

Ch muhammad akram teaching and research hospital
lahore

Full name of responsible person

Hafiz Sheraz

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Raiwind Road Lahore

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sheraz.arshad@superior.edu.pk

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

The University of Lahore

Full name of responsible person

Dr Ashfaq

Street address

Defence Road Bobtian stop Lahore

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Lahore

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54000

Phone

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Email

zabi809@live.com

Grant name

Grant code / Reference number

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

Yes

Title of funding source

The University of Lahore

Proportion provided by this source

100

Public or private sector

Private

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

The University of Lahore

Full name of responsible person

Dr Ashfaq

Position

Head of department

Latest degree

Ph.D.

Other areas of specialty/work

Physiotherapy

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Person responsible for scientific inquiries

Contact

Name of organization / entity

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Zohaib Shahid

Position

Senior Lecturer

Latest degree

Master

Other areas of specialty/work

Physiotherapy

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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

Yes - There is 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

Yes - There is a plan to make this available

Clinical Study Report

Yes - There is 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

Title and more details about the data/document

in the form of descriptive the data or things will be shared

When the data will become available and for how long

in attached file form

To whom data/document is available

all things discuss in the study methodology

Under which criteria data/document could be used

in the form spss file

From where data/document is obtainable

through mail form

What processes are involved for a request to access data/document

through statistical analysis

Comments

no

Person responsible for updating data

Contact

Name of organization / entity

Superior University Lahore

Full name of responsible person

Zohaib Shahid

Position

Senior Lecturer

Latest degree

Master

Other areas of specialty/work

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