

# 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

54000

##### 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

##### Street address

Raiwind Road Lahore

##### City

Lahore

##### Postal code

54000

##### Phone

+92 42 35154163

##### Email

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

#### City

Lahore

#### Postal code

54000

#### Phone

+92 42 32300865

#### 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

##### Street address

Bobtian stop Defence Road Lahore

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##### Province

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ashfaq.ahmad@uipt.uol.edu.pk

## Person responsible for scientific inquiries

#### 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**

Physiotherapy

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Raiwind Road Arian Stop Lahore

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**Fax**

**Email**

zabi809@live.com

## 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**

Physiotherapy

**Street address**

Defence Road Bobtian stop Lahore

**City**

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**Province**

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**Postal code**

54000

**Phone**