

Clinical Trial Protocol

Iranian Registry of Clinical Trials

29 Jul 2026

the effect of tele-voice therapy in comparison with in-person treatment on the acoustic, perceptual and aerodynamic characteristics of voice in voice-actors.

Protocol summary

Study aim

The aim of this study was to investigate the changes in the perceptual, acoustic and aerodynamic characteristics of voice actors' voices after receiving face-to-face and remote voice therapy. By re-examining the variables in the follow-up period, the stability of treatment is also determined. Receiving voice therapy services will also indirectly improve the quality of life of voice actors.

Design

This study is a semi-experimental study that will be conducted in two groups of voice actors with voice complaints in person and remotely. The sample of this study is 14 voice actors with voice complaints who are selected by the virtual snowball method and undergo 18 sessions of voice therapy (three sessions per week, each session 60 minutes).

Settings and conduct

Assessment for all participants and treatment for the in-site group will take place at the speech therapy clinic of Iran University of Medical Sciences. Voice therapy will include: breathing exercises, head and neck exercises, warming up and cooling down, and voice hygiene counseling.

Participants/Inclusion and exclusion criteria

Inclusion criteria: The age range of 20 to 48 years. at least 4 years of full-time voice acting experience. at least one voice complaint. no previous history of voice therapy. no previous history of head and neck surgery. enough vision to watch videos and make video calls. no cold, flu, or airway infection during the sampling or two weeks before. Exclusion criteria: the reluctance of the participant to continue cooperation. Failure to record a good sample for voice analysis.

Intervention groups

Two groups of seven voice actors with voice complaints that voice therapy interventions in one group will be performed directly and in the other group remotely.

Main outcome variables

acoustic measurements, aerodynamic measurements, auditory-perceptual measurements

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20220417054566N1**

Registration date: **2022-05-17, 1401/02/27**

Registration timing: **prospective**

Last update: **2022-05-17, 1401/02/27**

Update count: **0**

Registration date

2022-05-17, 1401/02/27

Registrant information

Name

Sadaf Salehi

Name of organization / entity

Country

Iran (Islamic Republic of)

Phone

+98 930 890 4683

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gooshmahiam@gmail.com

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2022-06-22, 1401/04/01

Expected recruitment end date

2022-09-23, 1401/07/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

the effect of tele-voice therapy in comparison with in-person treatment on the acoustic, perceptual and aerodynamic characteristics of voice in voice-actors.

Public title

telepractice versus in-person treatment of voice disorders

Purpose

Treatment

Inclusion/Exclusion criteria**Inclusion criteria:**

The participant is in the age range of 20 to 48 years. The participant reports at least one voice complaint. The participant has no previous history of voice therapy. The participant does not have a history of head and neck surgery. The participant has enough vision to watch videos and make video calls. The participant did not have a cold, flu, or airway infection during the sampling or two weeks before. The participant must have at least 4 years of full-time voice acting experience.

Exclusion criteria:

The reluctance of the participant to continue cooperation with the research group Failure to record a good sample for voice analysis

Age

From **20 years** old to **48 years** old

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **14**

Randomization (investigator's opinion)

N/A

Randomization description**Blinding (investigator's opinion)**

Not blinded

Blinding description**Placebo**

Not used

Assignment

Parallel

Other design features**Secondary Ids**

empty

Ethics committees**1****Ethics committee**

Name of ethics committee

The Iran University of Medical Sciences Ethics

Committee

Street address

Tehran Hemat Highway next to Milad Tower. 14535

City

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Province

Tehran

Postal code

1449614535

Approval date

2021-09-12, 1400/06/21

Ethics committee reference number

IR.IUMS.REC.1400.533

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

voice disorder

ICD-10 code

R49

ICD-10 code description

Voice and resonance disorders

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

fundamental frequency

Timepoint

before intervention / 6 weeks after the start of the intervention / 10 weeks after the start of the intervention

Method of measurement

praat software

2**Description**

jitter

Timepoint

before intervention / 6 weeks after the start of the intervention / 10 weeks after the start of the intervention

Method of measurement

praat software

3**Description**

shimmer

Timepoint

before intervention / 6 weeks after the start of the intervention / 10 weeks after the start of the intervention

Method of measurement

praat software

4**Description**

harmonic to noise ratio

Timepoint

before intervention / 6 weeks after the start of the intervention / 10 weeks after the start of the intervention

Method of measurement

praat software

5

Description

maximum phonation time

Timepoint

before intervention / 6 weeks after the start of the intervention / 10 weeks after the start of the intervention

Method of measurement

Stopwatch

6

Description

S to Z ratio

Timepoint

before intervention / 6 weeks after the start of the intervention / 10 weeks after the start of the intervention

Method of measurement

Stopwatch

7

Description

voice discomfort index

Timepoint

before intervention / 6 weeks after the start of the intervention / 10 weeks after the start of the intervention

Method of measurement

questionnaire

8

Description

voice handicap index

Timepoint

before intervention / 6 weeks after the start of the intervention / 10 weeks after the start of the intervention

Method of measurement

questionnaire

9

Description

The Consensus Auditory-Perceptual Evaluation of Voice (CAPE-V)

Timepoint

before intervention / 6 weeks after the start of the intervention / 10 weeks after the start of the intervention

Method of measurement

persian version of cape-5

Secondary outcomes

empty

Intervention groups

1

Description

Intervention group1: in-person. This group will undergo 18 one-hour treatment sessions. Treatment for this group will include: breathing exercises, head and neck exercises, warming up and cooling down, and voice hygiene counseling Which will be performed at the speech therapy clinic of Iran University of medical sciences.

Category

Rehabilitation

2

Description

Intervention group2: online. This group will undergo 18 one-hour treatment sessions. Treatment for this group will include: breathing exercises, head and neck exercises, warming up and cooling down, and voice hygiene counseling Which will be performed on Skype software.

Category

Rehabilitation

Recruitment centers

1

Recruitment center

Name of recruitment center

Iran University of medical sciences

Full name of responsible person

Sadaf Salehi

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity

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Full name of responsible person

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Grant name

Grant code / Reference number

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

Title of funding source
Iran 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
Iran University of Medical Sciences

Full name of responsible person
Sadaf Salehi

Position
Master Student

Latest degree
Bachelor

Other areas of specialty/work
Speech therapy

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Sharing plan

Deidentified Individual Participant Data Set (IPD)

Yes - There is a plan to make this available

Study Protocol

Yes - There is a plan to make this available

Statistical Analysis Plan

Yes - There is 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

Some of the participants' personal data related to the main outcome will be shared with the researchers in the form of articles and dissertations.

When the data will become available and for how long

Access after publishing the results in the form of an article.

To whom data/document is available

voice disorders researchers

Under which criteria data/document could be used

For use in similar research

From where data/document is obtainable

Sadaf Salehi Email: gooshmahiam@gmail.com

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

Request to be approved by the scientific supervisor of this research - Dr. Leila Ghelichi

Comments