

Clinical Trial Protocol

Iranian Registry of Clinical Trials

11 Sep 2026

Effects of nebivolol on the cardiorespiratory parameters against exercise-induced stress in female physiotherapy students

Protocol summary

Study aim

The aim of the study was to assess the potential of the drug nebivolol on the cardiorespiratory parameters against exercise-induced stress and its related complications.

Design

200 patients were randomized into the control group(100) and treatment group(100) by simple randomization. It was a single-blinded randomized controlled trial. In this study participants will be completely blinded about intervention protocol.

Settings and conduct

Muhammad physical therapy and rehabilitation center, KAAMS institute, Times university 200 patients were randomized into the control group(100) and treatment group(100) by simple randomization. It was a single-blinded randomized controlled trial. In this study, participants will be completely blinded by the intervention protocol.

Participants/Inclusion and exclusion criteria

Inclusion Criteria: 18-25 years of age, mentally and physically fit, healthy individuals. Exclusion criteria: lactating mother, pregnant females, surgery, trauma

Intervention groups

Group 1 was an exercise group that performed only stress-induced exercises Group 2 was the medicine group that performed the stress-induced exercises with the medicine

Main outcome variables

Blood pressure, Respiration rate, Heart rate, Oxygen saturation, Temperature, Quality of life, and endurance

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20220603055064N1**

Registration date: **2022-06-30, 1401/04/09**

Registration timing: **registered_while_recruiting**

Last update: **2022-06-30, 1401/04/09**

Update count: **0**

Registration date

2022-06-30, 1401/04/09

Registrant information

Name

Alisha Rehman

Name of organization / entity

Muhammad Institute of Medical and Allied Sciences
Multan

Country

Pakistan

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+92 311 6800976

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alisharehman@mimas.edu.pk

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2022-01-15, 1400/10/25

Expected recruitment end date

2022-08-31, 1401/06/09

Actual recruitment start date

2022-06-25, 1401/04/04

Actual recruitment end date

2022-08-31, 1401/06/09

Trial completion date

2022-08-31, 1401/06/09

Scientific title

Effects of nebivolol on the cardiorespiratory parameters against exercise-induced stress in female physiotherapy students

Public title

Effects of nebivolol on the cardiorespiratory parameters

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria:

Healthy female students Mentally and physically fit
Normal BMI Age 18-25

Exclusion criteria:

Menstruations period Pregnant females Lactating mother
Cardiac and respiratory issues Surgery Trauma

Age

From **18 years** old to **25 years** old

Gender

Female

Phase

N/A

Groups that have been masked

- Participant

Sample size

Target sample size: **200**
More than 1 sample in each individual
Number of samples in each individual: **100**
100 participant in each group
Actual sample size reached: **200**
More than 1 sample in each individual
Actual sample size in each individual: **100**
100 participants in each group

Randomization (investigator's opinion)

Randomized

Randomization description

Subjects were randomized into two groups by using a convenient sampling technique. Subjects were randomized by lottery method (Draw numbers from the box randomly to choose samples).

Blinding (investigator's opinion)

Single blinded

Blinding description

participants were blinded they were unaware of the type and effects of intervention protocol they were also completely blinded to what will happen to them after exercise but consent forms were given to all participants and explained the study protocol. two samples were taken with the same packings. in one sample conventional drugs (tablets) with no effects and exercise protocols were given to control group participants and in another sample nebivolol drugs (nebivolol) with exercise protocol were given to the intervention group participants (Group 2). Remember participants were completely unaware which drug they have take either conventional drug with no effects or nebivolol with effects

Placebo

Not used

Assignment

Parallel

Other design features

Subjects included in this study by filling QOL questionnaire and PAR-Q

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Institutional Ethical Committee of Muhammad
Institute of Medical and Allied Sciences

Street address

HBL street, near sabzazar metro station, bosan road
Multan

City

Multan

Postal code

60700

Approval date

2021-09-18, 1400/06/27

Ethics committee reference number

2021/IRB/08/PT/10

Health conditions studied

1

Description of health condition studied

healthy

ICD-10 code

Z76.3

ICD-10 code description

Healthy person accompanying sick person

Primary outcomes

1

Description

Blood pressure

Timepoint

Participants were evaluated before and after giving
medicine (Nebivolol)

Method of measurement

Mercury manometer, Stethoscope, Stop watch, Mercury
thermometer, Pulse oximeter

Secondary outcomes

1

Description

Endurance Quality of life improve

Timepoint

Before and After treatment

Method of measurement

with the help of questionnaire

Intervention groups

1

Description

Control group: stress induced exercises

Category

Treatment - Other

2

Description

Intervention group: group 2 will be given nebivolol drug

Category

Treatment - Drugs

Recruitment centers

1

Recruitment center

Name of recruitment center

Muhammad institute of medical and allied sciences
Multan

Full name of responsible person

Dr. Umber Batool

Street address

HLB street, near sabzazar metro station, Bosan road

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Muhammad institute of medical and allied sciences

Full name of responsible person

Dr. Imran Ahmad Khan

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Grant name

Grant code / Reference number

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

No

Title of funding source

Muhammad institute of medical and allied sciences

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

Other

Person responsible for general inquiries

Contact

Name of organization / entity

Muhammad Institute of Medical and Allied Sciences
Multan

Full name of responsible person

Umber Batool

Position

Senior Lecturer

Latest degree

Specialist

Other areas of specialty/work

Physiotherapy

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Person responsible for scientific inquiries

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Name of organization / entity

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Full name of responsible person

Imran Ahmad Khan

Position

Assistant professor

Latest degree

Ph.D.

Other areas of specialty/work

Cardiology

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Person responsible for updating data**Contact****Name of organization / entity**

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Latest degree

Medical doctor

Other areas of specialty/work

Physiotherapy

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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

Yes - There is a plan to make this available

Data Dictionary

Yes - There is a plan to make this available

Title and more details about the data/document

Title of my study effect of nebivolol on the cardiorespiratory parameters against exercise-induced stress in female physiotherapy students in Multan. The basic purpose of my study was to assess the potential of the drug nebivolol on the cardiorespiratory parameters. A randomized controlled trial was conducted at Muhammad institute of medical and allied sciences Multan. 200 participants were selected who met the inclusion criteria will be randomized into two groups, Control group (1) and treatment Group (2). Convenient sampling technique used in it. Group 1 in which the stress induced exercises performed and Group 2 in which the drug nebivolol used.

When the data will become available and for how long

This is expected that this study or data will be available at the end of this year 2022. no exact date can be expected.

To whom data/document is available

Umber Batool

Under which criteria data/document could be used

for research purposes

From where data/document is obtainable

<https://www.researchgate.net>

<https://scholar.google.com> alisharehman976@gmail.com

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

open access

Comments

I want randomized control trial registration, please provide me as soon as possible. so that I can continue my study