Clinical Trial Protocol
Iranian Registry of Clinical Trials

22 Nov 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, KAIMS 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

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Pakistan

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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
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HBL street, near sabzazar metro station, Bosan road
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Sponsors / Funding sources

1

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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
Muhmmad 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
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Person responsible for updating data

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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
hhttps://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