

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

13 Jun 2026

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

#### Protocol summary

Registration timing: **registered\_while\_recruiting**

#### 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.

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

Update count: **0**

#### Registration date

2022-06-30, 1401/04/09

#### 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.

#### Registrant information

##### Name

Alisha Rehman

##### Name of organization / entity

Muhammad Institute of Medical and Allied Sciences  
Multan

##### Country

Pakistan

##### Phone

+92 311 6800976

##### Email address

alisharehman@mimas.edu.pk

#### 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.

#### Recruitment status

**Recruitment complete**

#### Funding source

#### 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

#### 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

#### 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**

##### 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

HBL street, near sabzazar metro station, Bosan road

#### City

Multan

#### Postal code

60700

#### Phone

+92 311 6800976

#### Email

ambersafdar06@gmail.com

#### Web page address

<http://mimas.edu.pk>

## 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

#### Street address

HBL street, near sabzazar metro station, bosan road

#### City

Multan

#### Postal code

60700

#### Phone

+92 311 6800976

#### Email

imranahmadkhandurrani@gmail.com

#### Web page address

<http://mimas.edu.pk>

#### 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

#### Street address

HBL street near sabzazar metro station bosan road  
Multan

#### City

Multan

#### Province

Punjab

#### Postal code

60700

#### Phone

+92 311 6800976

#### Email

ambersafdar06@gmail.com

#### Web page address

<http://mimas.edu.pk>

## Person responsible for scientific inquiries

### Contact

#### Name of organization / entity

Muhammad Institute of medical and allied sciences  
Multan

#### 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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multan

**City**

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**Province**

Punjab

**Postal code**

60700

**Phone**

+92 311 6800976

**Email**

imranahmadkhandurrani@gmail.com

**Web page address**

http://mimas.edu.pk

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

Muhmmad institute of medical and allied sciences

**Full name of responsible person**

Dr. UMBER Batool

**Position**

Senior Lecturer

**Latest degree**

Medical doctor

**Other areas of specialty/work**

Physiotherapy

**Street address**

HBL street, near sbzazar metro station, Bosan road

**City**

Multan

**Province**

Punjab

**Postal code**

60700

**Phone**

+92 311 6800976

**Email**

yousafqasmi7@gmail.com

**Web page address**

http://mimas.edu.pk

**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