

Clinical Trial Protocol

Iranian Registry of Clinical Trials

11 Sep 2026

The effect of inspiratory muscle training on clinical status indicators and quality of life in COPD patients

Protocol summary

Summary

This clinical trial aimed to determine the effect of inspiratory muscle training on quality of life, dyspnea, exercise tolerance and pulmonary function test of COPD patients. A total 30 COPD patients were randomly assigned into Inspiratory muscle training group and control group, the patients trained at home daily for 21 minutes, 6 days per week for 8 weeks. dyspnea, exercise tolerance, PFT and QOL were measured and compared between groups.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT201104266299N1**

Registration date: **2011-09-22, 1390/06/31**

Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2011-09-22, 1390/06/31

Registrant information

Name

Maryam Bakhshandeh Bavarsad

Name of organization / entity

School of Nursing and Midwifery, Jondi Shapur
University of Medical Sciences

Country

Iran (Islamic Republic of)

Phone

+98 61 1377 7216

Email address

bavarsad.m@ajums.ac.ir

Recruitment status

Recruitment complete

Funding source

Jondi Shapur University of Medical Sciences

Expected recruitment start date

2011-02-20, 1389/12/01

Expected recruitment end date

2011-06-19, 1390/03/29

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effect of inspiratory muscle training on clinical status indicators and quality of life in COPD patients

Public title

The effect of inspiratory muscle training in COPD patients

Purpose

Supportive

Inclusion/Exclusion criteria

Inclusion criteria: COPD patients with mild to very severe degree, having established a treatment plan, Having a BMI less than 35, Absence of other diseases such as neurological disorders, musculoskeletal system, peripheral vascular disease, not heart attack, Independence to the long-term oxygen therapy
Exclusion criteria: Changes in treatment plan during the study

Age

From **45 years** old to **65 years** old

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **30**

Randomization (investigator's opinion)

Randomized
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

Jondi Shapur University of Medical Sciences-School of Nursing and Midwifery

Street address

Jundishapur University of Medical Sciences, School of Nursing and Midwifery, Golestan Highway, Ahvaz

City

Ahvaz

Postal code

Approval date

2010-08-20, 1389/05/29

Ethics committee reference number

ETH-126

Health conditions studied

1

Description of health condition studied

Chronic obstructive pulmonary disease

ICD-10 code

J44.9

ICD-10 code description

chronic obstructive pulmonary disease, unspecified

Primary outcomes

1

Description

dyspnea

Timepoint

Baseline and the end of 8 weeks

Method of measurement

Borg scale

Secondary outcomes

1

Description

Quality of life
Timepoint
Baseline and the end of 8 weeks
Method of measurement
St,george quality of life

Intervention groups

1

Description

Case group:inspiratory muscle training 6 days per week, 21 minutes for 8 weeks

Category

Rehabilitation

2

Description

Control group: Resived no intervention

Category

Rehabilitation

Recruitment centers

1

Recruitment center

Name of recruitment center

Aria Specialized and Ultra Specialized Hospital

Full name of responsible person

Dr. Ismail Idani

Street address

Aria Hospital, Kianpars, Ahvaz

City

Ahvaz

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Jondi Shapur University of Medical Sciences

Full name of responsible person

Dr. Mostafa Fegghi, Vice-Chancellor for Research

Street address

Jondi Shapur University of Medical Sciences, School of Nursing and Midwifery

City

Ahvaz

Grant name

Grant code / Reference number

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

Yes

Title of funding source

Jondi Shapur University of Medical Sciences

Proportion provided by this source

100

Public or private sector

empty

Domestic or foreign origin*empty***Category of foreign source of funding***empty***Country of origin****Type of organization providing the funding***empty*

Ahvaz

Postal code**Phone**

+98 61 1377 7216

Fax**Email**

bavarsad.m@ajums.ac.ir

Web page address**Person responsible for general inquiries****Contact****Name of organization / entity**School of Nursing and Midwifery, Jondi Shapur
University of Medical Science**Full name of responsible person**

Maryam Bakhshandeh Bavarsad

Position

Master of Science in Nursing

Other areas of specialty/work**Street address**Jondi Shapur University of Medical Sciences, School of
Nursing and Midwifery, Golestan Highway ,Ahvaz**City**

Ahvaz

Postal code**Phone**

+98 61 1377 7216

Fax**Email**

bavarsad.m@ajums.ac.ir

Web page address**Person responsible for updating data****Contact****Name of organization / entity**School of Nursing and Midwifery, Jondi Shapur
University of Medical Sciences**Full name of responsible person**

Maryam Bakhshandeh Bavarsad

Position

Master of Science in Nursing

Other areas of specialty/work**Street address**Jondi Shapur University of Medical Sciences, School of
Nursing and Midwifery, Golestan Highway ,Ahvaz**City**

Ahvaz

Postal code**Phone****Fax****Email**

bavarsad.m@ajums.ac.ir

Web page address**Person responsible for scientific inquiries****Contact****Name of organization / entity**School of Nursing and Midwifery, Jondi Shapur
University of Medical Sciences,**Full name of responsible person**

Abdolali Sharyati

Position

Master of Science in Nursing and a faculty member

Other areas of specialty/work**Street address**Jondi Shapur University of Medical Sciences, School of
Nursing and Midwifery, Golestan Highway ,Ahvaz**City****Sharing plan****Deidentified Individual Participant Data Set (IPD)***empty***Study Protocol***empty***Statistical Analysis Plan***empty***Informed Consent Form***empty***Clinical Study Report***empty***Analytic Code***empty***Data Dictionary***empty*