Clinical Trial Protocol
Iranian Registry of Clinical Trials

22 Nov 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 weeeks. 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

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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 weeeks

Method of measurement

St,george quality of life

Intervention groups

1

Description

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

Category

Rehabilitation

2

Description

Control group: Resived no intervation

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 Feghhi, 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

Person responsible for general inquiries

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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