

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

30 Jul 2026

### The effect of vestibular rehabilitation therapy on Military staff with Persistent postural-perceptual dizziness (PPPD)

#### Protocol summary

##### Study aim

Development of a vestibular rehabilitation protocol for military personnel suffering from persistent postural-perceptual vertigo

##### Design

In our study, there is a group of patients(56 person) with postural-perceptual vertigo, who are selected from the patients with vertigo based on balance tests and patients' history, then they are asked to fill the Persian version of the DHI questionnaire and then 6 Rehabilitation exercises are offered to people once a week, and after this period of exercises, they are asked to complete the DHI questionnaire. There is no control group in our study

##### Settings and conduct

Imam Reza Hospital, Family Hospital, Baath Hospital

##### Participants/Inclusion and exclusion criteria

40 people with the disease Persistent postural-perceptual dizziness/Inclusion: Age range 30-45 years, Complaints of chronic dizziness, Normal balance tests, Not suffering from common vestibular diseases such as Meniere's, No history of head and neck surgery/Exclusion: Failure to continue treatment sessions

##### Intervention groups

vestibular rehabilitation therapy

##### Main outcome variables

Improvement of vertigo

#### General information

##### Reason for update

##### Acronym

##### IRCT registration information

IRCT registration number: **IRCT20230520058237N1**

Registration date: **2023-07-24, 1402/05/02**

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

Last update: **2023-07-24, 1402/05/02**

Update count: **0**

##### Registration date

2023-07-24, 1402/05/02

##### Registrant information

###### Name

seyed mohammad reza taghavi

###### Name of organization / entity

###### Country

Iran (Islamic Republic of)

###### Phone

+98 21 2211 1315

###### Email address

smrtaghavi71@gmail.com

##### Recruitment status

**Recruitment complete**

##### Funding source

##### Expected recruitment start date

2023-06-04, 1402/03/14

##### Expected recruitment end date

2023-08-26, 1402/06/04

##### Actual recruitment start date

2023-06-04, 1402/03/14

##### Actual recruitment end date

2023-10-23, 1402/08/01

##### Trial completion date

2023-12-22, 1402/10/01

##### Scientific title

The effect of vestibular rehabilitation therapy on Military staff with Persistent postural-perceptual dizziness (PPPD)

##### Public title

Effect of vestibular rehabilitation therapy

##### Purpose

Supportive

##### Inclusion/Exclusion criteria

###### Inclusion criteria:

Age range of 30-45years No benign paroxysmal positional vertigo Complaints of vertigo and imbalance

during movement No Meniere's disease No central nervous system involvement No previous Vestibular rehabilitation program Normal hearing ability No head and neck surgery

**Exclusion criteria:**

Age of 30-45 years Confirmation of constant state-of-the-art dizziness using balance tests

**Age**

From **30 years** old to **45 years** old

**Gender**

Male

**Phase**

N/A

**Groups that have been masked**

No information

**Sample size**

Target sample size: **40**

Actual sample size reached: **56**

**Randomization (investigator's opinion)**

N/A

**Randomization description**

**Blinding (investigator's opinion)**

Not blinded

**Blinding description**

**Placebo**

Not used

**Assignment**

Single

**Other design features**

## Secondary Ids

empty

## Ethics committees

### 1

**Ethics committee**

**Name of ethics committee**

ethic committee of AJA University of Medical Sciences

**Street address**

501 army, Imam Reza (AS) Hospital -Shahid

Etemadzadeh St.- Fatemi West St.Tehran

**City**

Tehran

**Province**

Tehran

**Postal code**

1415855336

**Approval date**

2022-09-21, 1401/06/30

**Ethics committee reference number**

IR.AJAUMS.REC.1401.101

## Health conditions studied

### 1

**Description of health condition studied**

Persistent postural-perceptual dizziness

**ICD-10 code**

H81.8

**ICD-10 code description**

Other disorders of vestibular function

## Primary outcomes

### 1

**Description**

Performance of patients with persistent postural-perceptual vertigo

**Timepoint**

Before treatment and one month after treatment sessions

**Method of measurement**

questionnaire

## Secondary outcomes

empty

## Intervention groups

### 1

**Description**

Intervention group: Patients with persistent postural-perceptual vertigo- In our study- Vestibular rehabilitation therapy sessions are performed once a week for 6 weeks (6 sessions in total) in person. And at the beginning of each session, new exercises were presented according to the conditions of the patients. In between sessions, exercises were offered to people to do at home. Almost every day, patients performed rehabilitation exercises at home for about 30 minutes.

**Category**

Rehabilitation

## Recruitment centers

### 1

**Recruitment center**

**Name of recruitment center**

Otorhinolaryngology Department of Imam Reza (AS) Hospital

**Full name of responsible person**

farzad mehrabi

**Street address**

Shahid Etemadzadeh St

**City**

تهران

**Province**

Tehran

**Postal code**

1415855336

**Phone**

+98 21 8603 5909

**Fax**

+98 21 8603 5909

**Email**

smrtaghavi71@gmail.com

**Web page address**

<https://imamreza.ajaums.ac.ir/>

## Sponsors / Funding sources

### 1

**Sponsor**

**Name of organization / entity**

Artesh University of Medical Sciences

**Full name of responsible person**

farzad mehrabi

**Street address**

Shahid Etemadzadeh St

**City**

tehran

**Province**

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**Postal code**

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**Email**

smrtaghavi71@gmail.com

**Web page address**

<https://imamreza.ajaums.ac.ir/>

**Grant name**

**Grant code / Reference number**

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

Yes

**Title of funding source**

Artesh University of Medical Sciences

**Proportion provided by this source**

1

**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**

Artesh University of Medical Sciences

**Full name of responsible person**

seyed mohammad reza taghavi

**Position**

student

**Latest degree**

Master

**Other areas of specialty/work**

Audiology

**Street address**

Western Sarv Blvd

**City**

تهران

**Province**

Tehran

**Postal code**

1998135468

**Phone**

+98 21 2211 1315

**Email**

smrtaghavi71@gmail.com

**Web page address**

<https://imamreza.ajaums.ac.ir/>

## Person responsible for scientific inquiries

**Contact**

**Name of organization / entity**

Artesh University of Medical Sciences

**Full name of responsible person**

seyed mohammad reza taghavi

**Position**

student

**Latest degree**

Master

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## Person responsible for updating data

**Contact**

**Name of organization / entity**

Artesh University of Medical Sciences

**Full name of responsible person**

seyed mohammad reza taghavi

**Position**

student

**Latest degree**

Master

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**Sharing plan****Deidentified Individual Participant Data Set (IPD)**

No - There is not a plan to make this available

**Justification/reason for indecision/not sharing IPD**

Moral issues

**Study Protocol**

No - There is not a plan to make this available

**Statistical Analysis Plan**

No - There is not a plan to make this available

**Informed Consent Form**

No - There is not a plan to make this available

**Clinical Study Report**

Undecided - It is not yet known if there will be a plan to make this available

**Analytic Code**

No - There is not a plan to make this available

**Data Dictionary**

No - There is not a plan to make this available