

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

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Web page address

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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

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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

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Person responsible for scientific inquiries

Contact

Name of organization / entity

Artesh University of Medical Sciences

Full name of responsible person

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Position

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Latest degree

Master

Other areas of specialty/work

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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