# Clinical Trial Protocol
# Iranian Registry of Clinical Trials

17 Sep 2026

## Effectiveness of Slow Deep Breathing Exercises upon Fatigue Level among Patients Undergoing Chemotherapy

## Protocol summary

**Study aim**
. This study aims to examine the effectiveness of slow deep breathing exercises upon fatigue level among patients undergoing chemotherapy.
**Design**
Aquasi-experimental design
**Settings and conduct**
The study was conducted at Imam Al-Hussein Oncology and Hematology Center, and the oncology wards at Imam Al-Hassan Al-Mujtaba Teaching Hospital which is located in Holy Kerbala City
**Participants/Inclusion and exclusion criteria**
inclusion criteria patients with cancer undergoing chemotherapy. patients undergoing two cycles of chemotherapy sessions at least. exclusion criteria patients don't have fatigue. patients are unable to communicate.
**Intervention groups**
patients in the intervention group will performed slow deep breathing through the nose while the mouth was closed and keep it on for few second and then exhale slowly through the mouth. This exercise was performed for 15-20 min twice daily for seven days.
**Main outcome variables**
fatigue level

## General information

**Reason for update**
**Acronym**
**IRCT registration information**
IRCT registration number: **IRCT20230704058668N1**
Registration date: **2023-07-19, 1402/04/28**
Registration timing: **retrospective**

Last update: **2023-07-19, 1402/04/28**
Update count: **0**
**Registration date**
2023-07-19, 1402/04/28

**Registrant information**
**Name**
Zahraa Jasim
**Name of organization / entity**
University of Kerbala / College of Nursing
**Country**
Iraq
**Phone**
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**Email address**
zahraa.j@s.uokerbala.edu.iq

**Recruitment status**
**Recruitment complete**
**Funding source**

**Expected recruitment start date**
2023-02-01, 1401/11/12
**Expected recruitment end date**
2023-04-20, 1402/01/31
**Actual recruitment start date**
2023-02-01, 1401/11/12
**Actual recruitment end date**
2023-04-15, 1402/01/26
**Trial completion date**
empty

**Scientific title**
Effectiveness of Slow Deep Breathing Exercises upon Fatigue Level among Patients Undergoing Chemotherapy

**Public title**
Slow Deep Breathing Exercises upon Fatigue Level
**Purpose**
Treatment
**Inclusion/Exclusion criteria**
**Inclusion criteria:**
Patients with cancer undergoing chemotherapy. Patients undergoing two cycles at least
**Exclusion criteria:**

Patients who don’t have nausea or fatigue. Patient with impaired verbal communication

**Age**

From **20 years** old to **60 years** old

**Gender**

Both

**Phase**

N/A

**Groups that have been masked**

*No information*

**Sample size**

Target sample size: **48**

Actual sample size reached: **48**

**Randomization (investigator's opinion)**

Not 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**

Ethics committee in college of Nursing University of Karbala

**Street address**

officers neighborhood, Karbala

**City**

Karbala city center

**Postal code**

56001

**Approval date**

2022-11-03, 1401/08/12

**Ethics committee reference number**

1502.66

## Health conditions studied

**1**

**Description of health condition studied**

cancer

**ICD-10 code**

Y43.3

**ICD-10 code description**

fatigue as a side effects of chemotherapy

## Primary outcomes

**1**

**Description**

The primary outcome variable is the level of fatigue related to chemotherapy that can be changed based on slow deep breathing exercise.

**Timepoint**

Before intervention and after 7 days of intervention

**Method of measurement**

fatigue severity scale will be used to measure fatigue level

## Secondary outcomes

empty

## Intervention groups

**1**

**Description**

Intervention group: Appling slow deep breathing through the nose while the mouth was closed and keep it on for few second and then exhale slowly through the mouth. This exercise was performed for 15-20 min twice daily for seven days.

**Category**

Rehabilitation

## Recruitment centers

**1**

**Recruitment center**

**Name of recruitment center**

The study was conducted at Imam Al-Hussein Oncology and Hematology Center, and the oncology wards at

**Full name of responsible person**

Zahraa Jasim

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family neighboorhood,

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**Email**

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## Sponsors / Funding sources

**1**

**Sponsor**

**Name of organization / entity**

university of Karbala

**Full name of responsible person**

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**Grant name**
**Grant code / Reference number**
**Is the source of funding the same sponsor organization/entity?**
No
**Title of funding source**
The author of the trial is the funding source
**Proportion provided by this source**
100
**Public or private sector**
Public
**Domestic or foreign origin**
Domestic
**Category of foreign source of funding**
*empty*
**Country of origin**
**Type of organization providing the funding**
Academic

## Person responsible for general inquiries

**Contact**
**Name of organization / entity**
university of Karbala/ College of nursing
**Full name of responsible person**
Zahraa Jasim
**Position**
master student
**Latest degree**
Bachelor
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## Person responsible for scientific inquiries

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## Person responsible for updating data

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## 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**
Not applicable
**Data Dictionary**
Yes - There is a plan to make this available

**Title and more details about the data/document**

Effectiveness of Slow Deep Breathing Exercises upon Fatigue Level among Patients Undergoing Chemotherapy

**When the data will become available and for how long**

the data will be available at the end of July

**To whom data/document is available**

any researcher who is interested in this data.

**Under which criteria data/document could be used**

The data could be used after getting permission via email. Also, users need to acknowledge the owner

**From where data/document is obtainable**

Users can ask for the data and permission via email. Zahraa Jasim Alwan is the corresponding author. He will contact whoever he requests the information from. His email is zahraa.j@s.uokerbala.edu.iq. The address is Al-Hur district, Karbala, Iraq. What processes are involved for a request to access data/document

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**Comments**