

Clinical Trial Protocol

Iranian Registry of Clinical Trials

12 Jul 2026

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

Protocol summary

2023-07-19, 1402/04/28

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

Registrant information

Name

Zahraa Jasim

Name of organization / entity

University of Kerbala / College of Nursing

Country

Iraq

Phone

+964 782 723 2988

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: Applying 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

Street address

family neighborhood,

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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

Other areas of specialty/work
adult Nursing Department

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Person responsible for scientific inquiries

Contact

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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