

Clinical Trial Protocol

Iranian Registry of Clinical Trials

13 Jul 2026

The effect of exercise counseling on quality of life among women with breast cancer referred to patients cancer therapeutic center in Hamadan city

Protocol summary

Summary

The main purpose: The effects of exercise counseling on quality of life among women with breast cancer referred to patient's cancer therapeutic center in Hamadan city, 2015. Secondary objectives 1- Comparison of quality of life before and after the intervention in the experimental group 2-Compare quality of life in both experimental and control groups before the intervention exercise counseling 3-Compare quality of life in both experimental and control groups after the intervention of exercise counseling. Practical purposes: the results of this study can provide counseling program exercise to promote quality of life among women with breast cancer. This study is a semi experimental with two groups (experimental and control) with pre-test and post-test. Eligible women were referred to cancer therapeutic center in Hamadan city who had breast cancer consecutively enrolled in the study, after obtaining informed consent .They were randomly assigned to intervention and control groups with regard to Allocation concealment. In this research, Exercise consulting in the counseling process during the 60-45 minute sessions will be held in four weeks. Both groups will complete quality of life (EORTC QLQ-C30.V.3, EORTC QLQ-BR23.V.3) questionnaires before intervention. The control group only will receive routine care But experimental group in addition to routine care will be trained exercise consulting. The experimental group was asked to do exercises at home with the help of CD and booklets for 8 weeks, twice a day for 20 minutes each time (morning and evening) and complete the checklist. Qualities of life of both groups at the end of 8 weeks were evaluated again using the standard questionnaires. Inclusion criteria: Women with stage one and two breast cancer; Combination chemotherapy is being done for them; Do not use other forms of complementary medicine; Dose not motor problem. exclusion criteria: Stage increased disease; Died; unwillingness to continue cooperation.

General information

Acronym

The effect of exercise counseling on quality of life among women with breast cancer

IRCT registration information

IRCT registration number: **IRCT201412066888N5**

Registration date: **2015-05-26, 1394/03/05**

Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2015-05-26, 1394/03/05

Registrant information

Name

Fatemeh Shobeiri

Name of organization / entity

Hamadan University of Medical Sciences

Country

Iran (Islamic Republic of)

Phone

+98 81 1827 6051

Email address

shobeiri@umsha.ac.ir

Recruitment status

Recruitment complete

Funding source

Hamadan University of Medical Sciences

Expected recruitment start date

2014-11-22, 1393/09/01

Expected recruitment end date

2015-02-20, 1393/12/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title
The effect of exercise counseling on quality of life among women with breast cancer referred to patients cancer traputic center in Hamadan city

Public title
The effect of exercise counseling on quality of life among women with breast cancer

Purpose
Supportive

Inclusion/Exclusion criteria
Inclusion criteria: Women with stage one and two breast cancer; Combination chemotherapy is being done for them; Do not use other forms of complementary medicine; Dose not motor problem. exclusion criteria: Stage increased disease; Died; unwillingness to continue cooperation.

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

Gender
Female

Phase
N/A

Groups that have been masked
No information

Sample size
Target sample size: **64**

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

1

Registry name
Hamadan University of Medical Sciences, Department of Research and Technology

Secondary trial Id
p/16/35/9/4180

Registration date
2014-04-09, 1393/01/20

Ethics committees

1

Ethics committee
Name of ethics committee
Research Ethics Committee of Hamadan University of Medical Sciences
Street address

Fahmih Street, Hamadan University of Medical Sciences, Hamadan, Iran

City
Hamadan

Postal code
6517838698

Approval date
2014-11-25, 1393/09/04

Ethics committee reference number
16/35/9/4180/پ

Health conditions studied

1

Description of health condition studied
Breast Cancer

ICD-10 code
C 50

ICD-10 code description
Malignant neoplasm of breast

Primary outcomes

1

Description
Quality of life

Timepoint
After chemioterapy

Method of measurement
EORTC QLQ-C30.V.3; EORTC QLQ-BR23.V.3

Secondary outcomes

1

Description
exercise counseling

Timepoint
After chemotherapy and end of 8 week

Method of measurement
Checklist

Intervention groups

1

Description
doing exercises consulting at home for eight weeks, twice a day for 20 minutes each time (morning and evening)

Category
Lifestyle

Recruitment centers

1

Recruitment center
Name of recruitment center

Chemioterapy Ward, Shahid Beheshti Hospital

Full name of responsible person

Nahid Nicravesht

Street address

Hamadan University of Medical sciences

City

Hamadan

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Hamadan University of Medical Sciences, Department of Research and Technology

Full name of responsible person

Fatemeh Asgari

Street address

Fahmideh Street, Hamadan University of Medical Sciences, Department of Research and Technology

City

Hamadan

Grant name

Grant code / Reference number

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

Yes

Title of funding source

Hamadan University of Medical Sciences, Department of Research and Technology

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

Contact

Name of organization / entity

Hamadan University of Medical sciences

Full name of responsible person

Fatemeh Shobeiri

Position

Ph.D. in Maternal and Child Health

Other areas of specialty/work

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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