Clinical Trial Protocol
Iranian Registry of Clinical Trials

08 Nov 2026

The effect of exercise counseling on quality of life among women with breast cancer reffered to patients cancer traputic 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 traputic 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 traputic 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 Universiy of Medical Sciences
Country
Iran (Islamic Republic of)
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+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 reffered 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
Fahmiheh 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
Qulity 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 chemioterapy 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 Nicravesh

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
Fahmiheh 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