# Clinical Trial Protocol
# Iranian Registry of Clinical Trials

16 Sep 2026

## The study of the effect of deep- slow and regular breathing on pain intensity of burn dressing

## Protocol summary

**Summary**

The Purpose Of This Study Is To Examine The Effect Of Deep – Slow And Regular Breathing On Pain Intensity Of Burn Dressing. The Indus ion Criteria Are 10-25% Of The Whole Body Burn , Second Degree Burn , Ability To Speak , Being In The Acute Phase Of Burn Injury (48-72 Hours After Burning ): And The Exclusion Criteria Are Lack Of Face And Neck Burn , Lack Of Numbness In The Burnt Argons , Lack Of Severe Hearing Or Vision Problems . This Is A Clinical Trial Study Conducted On Adult Male Patients Hospitalized In The Burn Ward Of Educational Ayatollah Kashani Hospital Of Shahrekord. In Each Group, 34 Patients Are Enrolled (Based On Type I Error and 0.05 And 0.9 Square). Thus 68 Patients Are Selected By Convenience Sampling And Randomly Assigned To Intervention And Control Groups. The Two Groups Are Matched By Age, Educational Level, And Addiction To Drugs Or Psychotropic Medications. The Intervention Group Recieves Deep Slow And Regular Breathing And Training On How To Perform It, And The Control Group Receives No Training. The Exected Outcome Is A Reduction In Pain During Doing Dressing, Assessed By Visual Analogue Scale 15-45 Minutes After Dressing. The Data Are Gathered By Visial Analogue Scale And Analyzed By Spss Software Using Independent Test.

## General information

**Acronym**

**IRCT registration information**

IRCT registration number: **IRCT201307016973N4**
Registration date: **2013-10-03, 1392/07/11**
Registration timing: **retrospective**

Last update:
Update count: **0**

**Registration date**

2013-10-03, 1392/07/11

**Registrant information**

**Name**
Hedayat Allah Lalegani

**Name of organization / entity**
Shahrekord University of Medical Sciences and Health Services

**Country**
Iran (Islamic Republic of)

**Phone**
+98 38 1338 7386

**Email address**
lalegani@skums.ac.ir

**Recruitment status**
**Recruitment complete**

**Funding source**
Shahrekord University of Medical Science

**Expected recruitment start date**
2013-03-21, 1392/01/01

**Expected recruitment end date**
2013-08-23, 1392/06/01

**Actual recruitment start date**
empty

**Actual recruitment end date**
empty

**Trial completion date**
empty

**Scientific title**
The study of the effect of deep- slow and regular breathing on pain intensity of burn dressing

**Public title**
The study of the effect of deep- slow and regular breathing on pain intensity of burn dressing

**Purpose**
Supportive

**Inclusion/Exclusion criteria**
Inclusion criteria: patients will be selected from ones

whose bodies are burnt only 25 to 10 percent, their burn is the second degree, able to speak, be in the acute phase of burn injury (72-48 hours after burn). Exclusion criteria: Participants have face and neck burns, have the known mental disorders in the past or present, have neurological disorders and numbness in the burnt organs, and Participants have the severe hearing or vision problems.

**Age**
From **18 years** old to **70 years** old

**Gender**
Male

**Phase**
N/A

**Groups that have been masked**
*No information*

**Sample size**
Target sample size: **68**

**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

empty

## Ethics committees

### 1

**Ethics committee**

**Name of ethics committee**
Shahrekord University of Medical Science

**Street address**
Shahrekord University of Medical Science

**City**
Shahrekord

**Postal code**

**Approval date**
2012-08-19, 1391/05/29

**Ethics committee reference number**
1391-05-71-1640

## Health conditions studied

### 1

**Description of health condition studied**
borning

**ICD-10 code**
S00-T98

**ICD-10 code description**
Diseases of the skin and subcutaneous tissue

## Primary outcomes

### 1

**Description**
pain intensity

**Timepoint**
15 until 45 minutes after born dressing

**Method of measurement**
Visual analogue scale

## Secondary outcomes

empty

## Intervention groups

### 1

**Description**
Intervention group: Education of deep- slow and discipline breathing before than born dressing.

**Category**
Other

### 2

**Description**
Control group: did not receive any education or intervention

**Category**
N/A

## Recruitment centers

### 1

**Recruitment center**

**Name of recruitment center**
Shahrekord University of Medical Science Ayatallah Kashani Hospita

**Full name of responsible person**
Hedayat allah Lalehgani

**Street address**
Shahrekord University of Medical Science

**City**
shahrekord

## Sponsors / Funding sources

### 1

**Sponsor**

**Name of organization / entity**
Shahrekord University of Mrdical Science Shahrekord

**Full name of responsible person**
Hedayat allah Lalehgani

**Street address**
Shahrekord University of Medical Science Ayatallah Kashani Hospital

**City**
Shahrekord

**Grant name**
**Grant code / Reference number**
**Is the source of funding the same sponsor organization/entity?**
Yes
**Title of funding source**
Shahrekord University of Mrdical Science Shahrekord
**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**
Shahrekord University of Medical Science
**Full name of responsible person**
Hedayatallah Lalehgani
**Position**
Ms in Nursing
**Other areas of specialty/work**
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## Person responsible for scientific inquiries

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## Person responsible for updating data

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**Postal code**
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**Fax**
**Email**
**Web page address**

## 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*