

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

10 Jun 2026

### Comparative effects of gaze stabilization exercises and cawthorne cooksey exercises on thoracic angle and cervical ranges in IT students

#### Protocol summary

##### Study aim

The objectives are to enhance gaze stability through the application of gaze stabilization exercises and Cawthorne Cooksey exercises also to study and compare the effect of Gaze stabilization exercises and Cawthorne Cooksey exercises on Thoracic angle and Cervical ranges.

##### Design

Simple random sampling.

##### Settings and conduct

The University of Faisalabad.

##### Participants/Inclusion and exclusion criteria

Inclusion criteria • Participants willing to give consent • IT students • Both genders • Age: 19-25 years • Screen time 6-8 hours • VOR(+) • Craniovertebral angle 50° -53° • Thoracic angle 30° -50° Exclusion criteria • Uncooperative participants • No other neurological disorder • History of ear infection • History of migraine • History of dizziness, vertigo • Subjects with history of head injury • Subjects with ADHD

##### Intervention groups

Group A: The participants of experimental group A will perform Gaze stabilization exercises as treatment approach for 3 weeks, 3 sessions per week and 3 times a day. Group B: The participants of experimental group B will perform Cawthorne Cooksey exercises as a treatment protocol for 1 minute thrice a day (total 3 minutes per day) on alternate days for 3 weeks, 3 sessions per week and 3 times a day.

##### Main outcome variables

Goniometer Inclinator

#### General information

##### Reason for update

##### Acronym

##### IRCT registration information

IRCT registration number: **IRCT20240307061205N2**

Registration date: **2024-04-01, 1403/01/13**

Registration timing: **registered\_while\_recruiting**

Last update: **2024-04-01, 1403/01/13**

Update count: **0**

##### Registration date

2024-04-01, 1403/01/13

##### Registrant information

###### Name

Wardah Jabbar

###### Name of organization / entity

The University Of Faisalabad

###### Country

Pakistan

###### Phone

+92 41 87509715

###### Email address

2022-ms-pt-020@tuf.edu.pk

##### Recruitment status

**Recruitment complete**

##### Funding source

##### Expected recruitment start date

2024-02-17, 1402/11/28

##### Expected recruitment end date

2024-03-09, 1402/12/19

##### Actual recruitment start date

2024-02-17, 1402/11/28

##### Actual recruitment end date

2024-04-09, 1403/01/21

##### Trial completion date

2024-04-11, 1403/01/23

##### Scientific title

Comparative effects of gaze stabilization exercises and cawthorne cooksey exercises on thoracic angle and cervical ranges in IT students

##### Public title

Comparative effects of gaze stabilization exercises and cawthorne cooksey exercises on thoracic angle and cervical ranges in IT students

##### Purpose

Treatment

### **Inclusion/Exclusion criteria**

#### **Inclusion criteria:**

Participants willing to give consent IT students Both genders Age: 19-25 years Screen time 6-8 hours VOR(+) Craniovertebral angle 50°-53° Thoracic angle 30°-50°

#### **Exclusion criteria:**

Uncooperative participants No other neurological disorder History of ear infection History of migraine History of dizziness, vertigo Subjects with history of head injury Subjects with ADHD

### **Age**

From **19 years** old to **25 years** old

### **Gender**

Both

### **Phase**

3

### **Groups that have been masked**

- Participant

### **Sample size**

Target sample size: **46**

Actual sample size reached: **50**

### **Randomization (investigator's opinion)**

Randomized

### **Randomization description**

Simple random sampling is a statistical method used to gather data from a population. In simple random sampling, each member of the population has an equal chance of being selected to be part of the sample. This method ensures that the sample is representative of the entire population and helps reduce bias in the results. "Chit" and "draw randomization" A chit is a small piece of paper or a token that typically contains a number or identifier. In research methodology, chits are often used in a process called randomization. Each chit represents a participant or an experimental condition. Draw randomization is a method of randomly assigning participants to different groups or conditions in an experiment or study.

### **Blinding (investigator's opinion)**

Single blinded

### **Blinding description**

It is a single-blinded study, the participants are kept unaware of specific details such as the treatment they are receiving or whether they are in the experimental group or the control group.

### **Placebo**

Not used

### **Assignment**

Parallel

### **Other design features**

Thoracic angle, cervical ranges, Goniometer, inclinometer

## **Secondary Ids**

empty

## **Ethics committees**

### 1

#### **Ethics committee**

##### **Name of ethics committee**

Research and Ethics / technical committee for the university of Faisalabad

##### **Street address**

faisal town, west canal road, faisalabad, punjab

##### **City**

faisalabad

##### **Postal code**

38000

#### **Approval date**

2024-01-05, 1402/10/15

#### **Ethics committee reference number**

TUF/Addl Reg/SB/754

## **Health conditions studied**

### 1

#### **Description of health condition studied**

vestibular insufficiency

#### **ICD-10 code**

H81.8X9

#### **ICD-10 code description**

Other disorders of vestibular function, unspecified ear

## **Primary outcomes**

### 1

#### **Description**

Thoracic angle

#### **Timepoint**

before intervention and 3 weeks after intervention

#### **Method of measurement**

Inclinometer

### 2

#### **Description**

Cervical Ranges

#### **Timepoint**

before intervention and 3 weeks after intervention

#### **Method of measurement**

Goniometer

## **Secondary outcomes**

empty

## **Intervention groups**

### 1

#### **Description**

Intervention group: The participants of experimental group A will perform Gaze stabilization exercises as treatment approach for 3 weeks, 3 sessions per week and 3 times a day

#### **Category**

Rehabilitation

## 2

### Description

Intervention group: The participants of experimental group B will perform Cawthorne Cooksey exercises as a treatment protocol for 1 minute thrice a day (total 3 minutes per day) on alternate days for 3 weeks, 3 sessions per week and 3 times a day.

### Category

Rehabilitation

## Recruitment centers

### 1

#### Recruitment center

**Name of recruitment center**

The university of Faisalabad

**Full name of responsible person**

Dr. Wardah Jabbar; PT

**Street address**

faisal town, west canal road, faisalabad, punjab

**City**

faisalabad

**Postal code**

38000

**Phone**

+92 313 8650848

**Email**

2022-ms-pt-020@tuf.edu.pk

**Web page address**

<https://tuf.edu.pk/>

## Sponsors / Funding sources

### 1

#### Sponsor

**Name of organization / entity**

The University of Faisalabad

**Full name of responsible person**

Gulraiz Ayub

**Street address**

faisal town, west canal road, faisalabad, punjab

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Gulraizayub70@gmail.com

**Web page address**

<https://tuf.edu.pk/>

**Grant name****Grant code / Reference number****Is the source of funding the same sponsor organization/entity?**

Yes

**Title of funding source**

The University of Faisalabad

**Proportion provided by this source**

100

**Public or private sector**

Private

**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**

The University of Faisalabad

**Full name of responsible person**

Dr. Gulraiz Ayub; PT

**Position**

Clinical Physiotherapist

**Latest degree**

Master

**Other areas of specialty/work**

Physiotherapy

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## Person responsible for scientific inquiries

#### Contact

**Name of organization / entity**

The University of Faisalabad

**Full name of responsible person**

Dr. Gulraiz Ayub; PT

**Position**

Consultant

**Latest degree**

Master

**Other areas of specialty/work**

Physiotherapy

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## Person responsible for updating data

### Contact

**Name of organization / entity**  
The university of Faisalabad  
**Full name of responsible person**  
Dr. Wardah Jabbar; PT  
**Position**  
Clinical physiotherapist  
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Master  
**Other areas of specialty/work**  
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+92 313 8650848  
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wardah.jabbar5@gmail.com  
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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

No - There is not a plan to make this available

### Data Dictionary

Yes - There is a plan to make this available

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

Comparative effects of gaze stabilization exercises and cawthorne cooksey exercises on thoracic angle and cervical ranges in IT students

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

15 days after publication

### To whom data/document is available

Google Scholar

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

Access to the data will be facilitated through a specified mechanism, such as a secure online portal or data sharing platform. Requests for access will be reviewed by a designated committee or entity responsible for ensuring that they meet the established criteria and comply with relevant regulations and guidelines. Additional supporting information and documents may be provided to assist requesters in understanding the available data and its potential applications.

### From where data/document is obtainable

he University of Faisalabad 38000 <https://tuf.edu.pk/00924187509715>

### What processes are involved for a request to access data/document

To receive the documents or data files, the process typically involves the following steps: 1. Request Initiation: The applicant submits a formal request specifying the documents or data files they need. 2. Verification and Authorization: The organization verifies the request and ensures that the applicant is authorized to access the requested documents or data files. This may involve confirming the identity of the requester and checking their permissions. 3. Processing Time: The processing time varies depending on the complexity of the request, the volume of documents or data files, and any legal or regulatory requirements. It could range from a few hours to several weeks. 4. Document Retrieval or Data Extraction: Once the request is approved, the organization retrieves the documents from their archives or extracts the requested data from their databases. 5. Quality Assurance: Before releasing the documents or data files to the applicant, the organization may conduct quality checks to ensure accuracy and completeness. 6. Delivery: The documents or data files are delivered to the applicant through a secure channel, such as encrypted email, secure file transfer protocols, or a secure online portal. 7. Confirmation of Receipt: The applicant acknowledges receipt of the documents or data files, confirming that they have received the information they requested.

### Comments