Clinical Trial Protocol
Iranian Registry of Clinical Trials

22 Nov 2026

Investigating the effect of Epley therapy in patients with benign paroxysmal positional vertigo

Protocol summary

Study aim
Investigating the effect of Epley therapy in patients with benign paroxysmal positional vertigo

Design
Non-blind phase 2 clinical trial. Available sampling method is used. In this way, people will be selected based on the entry criteria from among the people who refer to Matini Hospital in Kashan. Then, the samples will be assigned to two intervention and control groups by block randomization using Excel software in the form of 7 quadruple blocks, and 35 people will be placed in each group.

Settings and conduct
Non-blind phase 2 clinical trial. Available sampling method is used. In this way, people will be selected based on the entry criteria from among the people who refer to Matini Hospital in Kashan. Then, the samples will be assigned to two intervention and control groups by block randomization using Excel software in the form of 7 quadruple blocks, and 35 people will be placed in each group.

Participants/Inclusion and exclusion criteria
Inclusion criteria 1-Having informed consent to enter the study 2- Absence of other diseases involving the vestibule 3- Absence of pregnancy Exclusion criteria 1- Lack of cooperation with the researcher 2- having systemic diseases such as diabetes, blood pressure, acute cardiovascular disease, active connective tissue disorder, chronic kidney disease and chronic liver disease 3-Patients suffering from central dizziness 4- BBPV sufferers whose type of involvement is not of the posterior canal type. 5- People suffering from psychological diseases

Intervention groups
Intervention: People who receive Epley's maneuver in addition to betahistine No intervention: subjects receiving only betahistine

Main outcome variables
Severity of BPPV symptoms based on DHI questionnaire at the beginning of the study, on the 3rd day, 7th day and at the end of the 4th week

General information

Reason for update

Acronym

IRCT registration information
IRCT registration number: **IRCT20240514061802N1**
Registration date: **2024-07-17, 1403/04/27**
Registration timing: **prospective**

Last update: **2024-07-17, 1403/04/27**
Update count: **0**

Registration date
2024-07-17, 1403/04/27

Registrant information

Name
Nargess Mohammadi

Name of organization / entity

Country
Iran (Islamic Republic of)

Phone
+98 21 8805 5345

Email address
narsis.mo1378@gmail.com

Recruitment status
Recruitment complete

Funding source

Expected recruitment start date
2024-08-22, 1403/06/01

Expected recruitment end date
2025-03-19, 1403/12/29

Actual recruitment start date
empty

Actual recruitment end date
empty

Trial completion date
empty

Scientific title
Investigating the effect of Epley therapy in patients with benign paroxysmal positional vertigo

Public title
the effect of Epley therapy in patients with benign paroxysmal positional vertigo

Purpose
Treatment

Inclusion/Exclusion criteria

Inclusion criteria:
Having informed consent to enter the study Not suffering from other diseases involving the vestibule Absence of pregnancy

Exclusion criteria:
Patients with central vertigo Patients with BBPV whose type of involvement is not of the posterior canal type. People with psychological diseases Having systemic diseases such as diabetes, hypertension, acute cardiovascular disease, active connective tissue disorder, chronic kidney disease, and chronic liver disease. Lack of cooperation with the researcher

Age
No age limit

Gender
Both

Phase
2

Groups that have been masked
No information

Sample size
Target sample size: **70**

Randomization (investigator's opinion)
Randomized

Randomization description
The samples will be assigned to two intervention and control groups by block randomization using Excel software in the form of 7 quadruple blocks, and 35 people will be placed in each group.

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 of Kashan University of Medical Sciences

Street address
Kashan - Qutb Rawandi Boulevard - Kashan University of Medical Sciences

City
Kashan

Province
Isfehan

Postal code
8715981151

Approval date
2024-06-01, 1403/03/12

Ethics committee reference number
IR.KAUMS.MEDNT.REC.1403.032

Health conditions studied

1

Description of health condition studied
سرگیجه ی حمله ای خوش خیم وضعیتی

ICD-10 code
HB1.1

ICD-10 code description
Beinign paroxysmal vertigo

Primary outcomes

1

Description
Severity of BPPV symptoms

Timepoint
at the beginning of the study, on the 3rd day, 7th day and the end of the 4th week

Method of measurement
DHI questionnaire

Secondary outcomes

empty

Intervention groups

1

Description
Intervention group: patients receiving epley maneuvre in addition to betahistine

Category
Treatment - Drugs

2

Description
Control group: patients receiving betahistine alone

Category
Treatment - Drugs

Recruitment centers

1

Recruitment center
Name of recruitment center
Matini hospital
Full name of responsible person
Nargess Mohammadi
Street address
Amir kabir street,Matini hospital,kashan
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8719674591
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Email
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Web page address
https://matini.kaums.ac.ir

Sponsors / Funding sources

1

Sponsor
Name of organization / entity
Kashan University of Medical Sciences
Full name of responsible person
Amir hosein Ahsani
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Kashan, Qutb Rawandi Boulevard, Kashan University of Medical Sciences
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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
Kashan universiry of medical sciences
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
Kashan University of Medical Sciences
Full name of responsible person
Nargess Mohammadi
Position
intern
Latest degree
A Level or less
Other areas of specialty/work
General Practitioner
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Person responsible for updating data

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Sharing plan

Deidentified Individual Participant Data Set (IPD)
Undecided - It is not yet known if there will be a plan to make this available

Study Protocol
Undecided - It is not yet known if there will be a plan to make this available

Statistical Analysis Plan
Undecided - It is not yet known if there will be a plan to make this available

Informed Consent Form
Undecided - It is not yet known if there will be a plan to make this available

Clinical Study Report
Undecided - It is not yet known if there will be a plan to make this available

Analytic Code
Undecided - It is not yet known if there will be a plan to make this available

Data Dictionary
Undecided - It is not yet known if there will be a plan to make this available