

Clinical Trial Protocol

Iranian Registry of Clinical Trials

27 Jul 2026

Investigating the effect of using the inspiratory muscle training device (IMT) on the thickness and excursion of the diaphragm of COPD patients undergoing lung rehabilitation

Protocol summary

Study aim

Investigating the effect of using the inspiratory muscle training device (IMT) on the thickness and excursion of the diaphragm of COPD patients undergoing lung rehabilitation

Design

A controlled, single-blind, randomized, phase 3 clinical trial with parallel groups on 22 patients, using a random number table for randomization.

Settings and conduct

Two groups of patients hospitalized in the Pulmonary Rehabilitation Department of Masih Hospital perform rehabilitation exercises, with the difference that in the intervention group, patients also use the IMT device. The radiologist who performs and evaluates the patients' ultrasound is blind.

Participants/Inclusion and exclusion criteria

Inclusion criteria included age over 18 years, diagnosis of COPD based on GOLD, literacy, and exclusion criteria included hemoptysis, embolism, lung cancer, pneumothorax, acute cardiovascular problems, diaphragmatic paralysis, severe shortness of breath preventing testing, patient unwillingness to continue participating in the research project, and not having a smartphone.

Intervention groups

In the intervention group, patients perform daily pulmonary rehabilitation exercises along with aerobic exercise during 2 weeks of hospitalization. Patients use the IMT device. Patients continue the rehabilitation process at home as remote rehabilitation with the IMT device (for 6 weeks). In the control group, patients perform daily breathing exercises and stretching exercises along with aerobic exercise during 2 weeks of hospitalization. Then they continue their rehabilitation program at home for 6 weeks.

Main outcome variables

Exercise capacity, dyspnea, health-related quality of life, sit to stand test, S-index derived from IMT, diaphragm excursion and thickness

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20200611047727N7**

Registration date: **2025-06-23, 1404/04/02**

Registration timing: **prospective**

Last update: **2025-06-23, 1404/04/02**

Update count: **0**

Registration date

2025-06-23, 1404/04/02

Registrant information

Name

Maryam Sadat Mirenayat

Name of organization / entity

Country

Iran (Islamic Republic of)

Phone

+98 21 2610 5050

Email address

mirenayat@sbmu.ac.ir

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2025-07-23, 1404/05/01

Expected recruitment end date

2026-01-21, 1404/11/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Investigating the effect of using the inspiratory muscle training device (IMT) on the thickness and excursion of the diaphragm of COPD patients undergoing lung rehabilitation

Public title

The effect of using the inspiratory muscle training device (IMT) on the thickness and excursion of the diaphragm of COPD patients

Purpose

Treatment

Inclusion/Exclusion criteria**Inclusion criteria:**

Age over 18 years Diagnosis of COPD based on GOLD

Exclusion criteria:

Hemoptysis embolism lung cancer pneumothorax acute cardiovascular problems diaphragmatic paralysis severe dyspnea preventing testing patient's unwillingness to continue participating in the research project

Age

From **18 years** old

Gender

Both

Phase

3

Groups that have been masked

- Outcome assessor

Sample size

Target sample size: **221**

Randomization (investigator's opinion)

Randomized

Randomization description

Randomization method: Simple, Randomization unit: Individual, Randomization tool: Random number table. Simple randomization method is used for randomization with the help of a random number table. For this purpose, two groups are named A and B. We choose one of the rows of the random number table at will and the numbers of each row will be between 0 and 9. We assign the numbers 0-4 to treatment A and the numbers 5-9 to treatment B.

Blinding (investigator's opinion)

Single blinded

Blinding description

Ultrasound scans of patients are performed by an experienced radiologist blind to the patient's other tests (on two occasions before the start of rehabilitation and at the end of the rehabilitation period).

Placebo

Not used

Assignment

Parallel

Other design features**Secondary Ids**

empty

Ethics committees**1****Ethics committee****Name of ethics committee**

Ethics committee of Shahid Beheshti University of Medical Sciences

Street address

Shahid Abbas Arabi St., Yemen St., Shahid Chamran Highway

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Tehran

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Postal code

1956944413

Approval date

2025-05-27, 1404/03/06

Ethics committee reference number

IR.SBMU.MSP.REC.1404.114

Health conditions studied**1****Description of health condition studied**

Chronic obstructive pulmonary disease

ICD-10 code

J44

ICD-10 code description

Other chronic obstructive pulmonary disease

Primary outcomes**1****Description**

Diaphragmatic excursion

Timepoint

At the beginning of hospitalization, after two weeks (at discharge), and also after 6 weeks of tele-rehabilitation

Method of measurement

Ultrasound

2**Description**

Diaphragmatic thickness

Timepoint

At the beginning of hospitalization, after two weeks (at discharge), and also after 6 weeks of tele-rehabilitation

Method of measurement

Ultrasound

3**Description**

Forced vital capacity (FVC)

Timepoint

At the beginning of hospitalization, after two weeks (at discharge), and also after 6 weeks of tele-rehabilitation

Method of measurement

Spirometry

4

Description

Forced expiratory volume in one second (FEV1)

Timepoint

At the beginning of hospitalization, after two weeks (at discharge), and also after 6 weeks of tele-rehabilitation

Method of measurement

Spirometry

5

Description

Predicted FVC

Timepoint

At the beginning of hospitalization, after two weeks (at discharge), and also after 6 weeks of tele-rehabilitation

Method of measurement

Spirometry

Secondary outcomes

1

Description

Six minute walk test distance

Timepoint

At the beginning of hospitalization, after two weeks (at discharge), and also after 6 weeks of tele-rehabilitation

Method of measurement

Six minute walk test

2

Description

Dyspnea

Timepoint

At the beginning of hospitalization, after two weeks (at discharge), and also after 6 weeks of tele-rehabilitation

Method of measurement

Based on modified medical research council dyspnea scale questionnaire

3

Description

Quality of life

Timepoint

At the beginning of hospitalization, after two weeks (at discharge), and also after 6 weeks of tele-rehabilitation

Method of measurement

Based on the St. George questionnaire

Intervention groups

1

Description

Intervention group: Patients are hospitalized for 2 weeks and during this time they perform daily pulmonary rehabilitation exercises including diaphragmatic breathing, pursed lip breathing and respiratory stretching exercises along with aerobic exercise. In addition, patients use the IMT device. After 2 weeks, patients are discharged after receiving a home pulmonary rehabilitation program and exercise training. Patients continue their rehabilitation process at home as remote rehabilitation with the IMT device (for 6 weeks). To use the IMT device, the patient performs 30 repetitions in the morning and 30 repetitions in the afternoon every day, and the resistance of the device is gradually increased. At the end of 6 weeks, the patient returns to the hospital (rehabilitation department) and the desired evaluations will be performed.

Category

Treatment - Other

2

Description

Control group: Patients are hospitalized for 2 weeks and during this period, they perform daily breathing exercises including diaphragmatic breathing, pursed lip breathing, and respiratory stretching exercises for 20 minutes on the bed and under the direct supervision of a physiotherapist, along with aerobic exercise including at least 15 minutes of walking on a treadmill at a maximum speed equivalent to 80% of the six-minute walk test. After two weeks, patients are discharged after receiving a remote rehabilitation program and continue their rehabilitation program at home (under the supervision of the hospital rehabilitation team) for 6 weeks.

Category

Treatment - Other

Recruitment centers

1

Recruitment center

Name of recruitment center

Masih Daneshvari Hospital

Full name of responsible person

Maryam Sadat Mirenayat

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Masih Daneshvari Hospital, Daarabad

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Shahid Beheshti University of Medical Sciences

Full name of responsible person

Afshin Zarghi

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

Yes

Title of funding source

Shahid Beheshti University 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**

Shahid Beheshti University of Medical Sciences

Full name of responsible person

Masoumeh Zoghali

Position

Assistant professor

Latest degree

Specialist

Other areas of specialty/work

Physical Medicine

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Person responsible for scientific inquiries

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Full name of responsible person

Maryam Sadat Mirenayat

Position

Associate professor

Latest degree

Subspecialist

Other areas of specialty/work

Internal Medicine

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Person responsible for updating data

Contact**Name of organization / entity**

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Full name of responsible person

Reyhaneh Zahiri

Position

Researcher

Latest degree

Master

Other areas of specialty/work

Biotechnology

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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