Clinical Trial Protocol
Iranian Registry of Clinical Trials

18 Sep 2026

Effects of inhaled salbutamol on specific fitness standards in professional soccers, a double-blind clinical trial

Protocol summary

Summary

Thirty non-asthmatic professional soccer player, selected and crossed over in a project are divided into two sections when accidentally.Then both groups will be taught how to breathe properly spray. It is worth noting that we have two kind of sprays containing salbutamol other is a neutral, harmless substance that has the same taste, smell spray salbutamol(placebo). Fifteen minutes before testing for athletes in both groups were randomized to double blind testing is done using the spray. With respect to a drug cleared from the body(wash out period)Based on the half-life of inhaled salbutamol). subjects were again evaluated after inhalation of spray can be replaced with the difference that this time the drug and placebo groups is changed. (Naturally, neither the tester nor the subject of a spray containing are informed.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT201205098117N3**
Registration date: **2012-06-19, 1391/03/30**
Registration timing: **registered_while_recruiting**

Last update:
Update count: **0**

Registration date

2012-06-19, 1391/03/30

Registrant information

Name
Farzin Halabchi
Name of organization / entity
Country
Iran (Islamic Republic of)
Phone
+98 21 6119 2282
Email address
fhalabchi@tums.ac.ir

Recruitment status

Recruitment complete

Funding source

Tehran University of Medical Sciences

Expected recruitment start date

2012-05-04, 1391/02/15

Expected recruitment end date

2013-09-22, 1392/06/31

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Effects of inhaled salbutamol on specific fitness standards in professional soccers, a double-blind clinical trial

Public title

Effects of inhaled salbutamol on specific fitness standards in professional soccers, a double-blind clinical trial

Purpose

Other

Inclusion/Exclusion criteria

Inclusion criteria: having a contract with a professional team and regular exercise. Exclusion criteria: history of asthma and EIA; having a history of restrictive lung disease volume; having a history of heart disease; respiratory viral infections in a month; history of atopy and skeletal abnormalities of the chest.

Age

From **17 years** old to **33 years** old

Gender

Male

Phase
N/A
Groups that have been masked
No information
Sample size
Target sample size: **30**
Randomization (investigator's opinion)
N/A
Randomization description
Blinding (investigator's opinion)
Double blinded
Blinding description
Placebo
Used
Assignment
Crossover
Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee
Name of ethics committee
Tehran University of Medical Sciences Ethics Committee
Street address
Tehran - Ghods St., Keshavarz Blvd - Central Organization
City
Tehran
Postal code
Approval date
2012-05-02, 1391/02/13
Ethics committee reference number
90-03-53-15006-46538

Health conditions studied

1

Description of health condition studied
Fitness for soccer players
ICD-10 code
ICD-10 code description

Primary outcomes

1

Description
Dedicated fitness
Timepoint
Before the intervention, 20 minutes after intervention
Method of measurement
Used FIFA standard test

Secondary outcomes

empty

Intervention groups

1

Description
In the first group: salbutamol spray, two puffs of 100 micrograms and control groups: placebo homogenous spray, two puffs of 100 micrograms should be administered
Category
Treatment - Drugs

2

Description
After wash out period :The second phase of the first drug to people who were given placebo and those on placebo was administered in the first stage of the drug is given
Category
Placebo

Recruitment centers

1

Recruitment center
Name of recruitment center
Damash sport club
Full name of responsible person
Mr.sadeghi
Street address
Harandi sport complex
City
Isfahan

Sponsors / Funding sources

1

Sponsor
Name of organization / entity
Reserch deputy, Tehran University of Medical Sciences
Full name of responsible person
Dr. Akbar Fotohi
Street address
Keshavarz Blvd, Ghods St., Tehran University of Medical Sciences, Central Building, 5th Floor
City
Tehran
Grant name
Grant code / Reference number
Is the source of funding the same sponsor organization/entity?
Yes
Title of funding source
Reserch deputy, Tehran University of Medical Sciences
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

Tehran University of Medical Sciences

Full name of responsible person

Dr. Mehdi Abarashi

Position

MD, Sport medicine resident

Other areas of specialty/work

Street address

Imam khomeini hospital

City

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Postal code

Phone

Fax

Email

abarashi@razi.tums.ac.ir

Web page address

Person responsible for scientific inquiries

Contact

Name of organization / entity

Tehran University of Medical Sciences

Full name of responsible person

Dr. Farzin Halabchi

Position

Assistant professor

Other areas of specialty/work

Street address

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Fhalabchi@tums.ac.ir

Web page address

Person responsible for updating data

Contact

Name of organization / entity

Tehran medical science univercity

Full name of responsible person

Dr.abarashi-mahdi

Position

sports medicine resident

Other areas of specialty/work

Street address

Imam khomeini hospital

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abarashi@razi.tums.ac.ir

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