

Clinical Trial Protocol

Iranian Registry of Clinical Trials

10 Jun 2026

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

Protocol summary

Summary

Thirty non-asthmatic professional soccer players, 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 kinds of sprays containing salbutamol; the 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 soccer players, a double-blind clinical trial

Public title

Effects of inhaled salbutamol on specific fitness standards in professional soccer players, 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

Tehran

Postal code

Phone

Fax

Email

abarashi@razi.tums.ac.ir

Web page address

Tehran

Postal code

Phone

Fax

Email

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

City

Tehran

Postal code

Phone

00

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

Imam khomeini hospital

City

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