

Clinical Trial Protocol

Iranian Registry of Clinical Trials

17 Sep 2026

The effect of exercise on the quality of life in COPD disease in Shahid Beheshtyi hospital in Kashan

Protocol summary

Summary

The purpose of this study is to survey exercise effects on quality of life in patients with COPD. 60 patients with COPD will select. They are randomly divide to intervention and control groups. In the beginning,they will complete thequality of life questionnaire.Then in the intervention group ,walking will be carried out for 3 days in week for 8 weeks .Control group during the same time will receive standard treatment.The quality of life questionnaire will fill out by the patients, again. Ultimately, Two groups are compared.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT201408098348N12**
Registration date: **2014-08-29, 1393/06/07**
Registration timing: **registered_while_recruiting**

Last update:

Update count: **0**

Registration date

2014-08-29, 1393/06/07

Registrant information

Name

Neda Mirbagher

Name of organization / entity

Kashan University of Medical Science

Country

Iran (Islamic Republic of)

Phone

+98 36 1555 0021

Email address

mirbagher_n@kaums.ac.ir

Recruitment status

Recruitment complete

Funding source

Tarbiat Modares University

Expected recruitment start date

2014-08-23, 1393/06/01

Expected recruitment end date

2015-02-20, 1393/12/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effect of exercise on the quality of life in COPD disease in Shahid Beheshtyi hospital in Kashan

Public title

The effect of exercise on the quality of life

Purpose

Prevention

Inclusion/Exclusion criteria

Inclusion criteria:Patients older than 60 years old, Moderate COPD regarding spirometer results, Hospitalized at the time of diagnosis . Exclusion criteria: Receive exercise education from other sources, Patients with acute COPD

Age

From **60 years** old to **79 years** old

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **60**

Randomization (investigator's opinion)

Randomized

Randomization description

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**

Tarbait Modares University

Street address

Tehran, Jalal Al Ahmad street, Tarbait Modares University

City

Tehran

Postal code**Approval date**

2010-09-23, 1389/07/01

Ethics committee reference number

8933

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

Chronic obstructive pulmonary disease (COPD)

ICD-10 code

J40-J47

ICD-10 code description

Chronic obstructive pulmonary disease with acute exacerbation, unspecified

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

Quality of life

Timepoint

Before and after intervention

Method of measurement

SF12 Questionnaire

Secondary outcomes

empty

Intervention groups**1****Description**

In intervention group, Walking will perform 3 days a week for 8 weeks.

Category

Rehabilitation

2**Description**

Control group during the same time will receive standard treatment.

Category

N/A

Recruitment centers**1****Recruitment center****Name of recruitment center**

Shahid Beheshty Hospital in Kashan

Full name of responsible person

Neda Mirbagher

Street address

Ravand, Parastar Street, Kashan University of Medical sciences

City

Kashan

Sponsors / Funding sources**1****Sponsor****Name of organization / entity**

Tarbiat Modares University

Full name of responsible person

Neda Mirbagher

Street address

Ravand, Parastar Street, Kashan University of Medical sciences

City

Kashan

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

Yes

Title of funding source

Tarbiat Modares University

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

Kashan University of Medical Sciences

Full name of responsible person

Neda Mirbagher

Position

MS

Other areas of specialty/work

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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