

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

10 Jun 2026

### Comparison of Epley Maneuver and Cinnarizine in Treatment of Benign Positional Paroxysmal Vertigo

#### Protocol summary

##### Summary

This study aims to compare the effectiveness of Epley maneuver and Cinnarizine in treatment of BPPV. In this randomized clinical trial patients with Benign Positional Paroxysmal Vertigo (BPPV) attending to vertigo clinic of Baqiyatallah hospital, Tehran, Iran in 2015 and 2016 will be assessed for eligibility. All patients will be informed of study process and possible side effects. A written informed consent will be obtained from all patients. Patients with definite diagnosis of BPPV, up to 2 days after diagnosis, and those who have not received any treatments for BPPV will be included. BPPV diagnosis will be made by single physician based on history taking and hallpike test. Patients with no definite diagnosis and those suspicious for other causes of vertigo, especially CNS involvement, will be excluded from the study. After being matched regarding age and gender, patients will be randomized to two groups: the first group (A) will undergo Epley repositioning maneuver by single physician and the second group (B) will use Cinnarizine (25mg every 8 hours) for two weeks. The block randomization will be accomplished by the clinic's automatic turn system and patients were randomized into 2 groups at a ratio of 1:1 and a block size of 4. In the first visit, results of hallpike test will be recorded for both groups and after first Epley maneuver, group A patients will be recommended to place their head 45 degrees upper the body level during sleep for two days. The patients will be evaluated for symptoms using visual analogue scale (VAS) scoring system before intervention, first and second weeks after intervention. In the second and third visit, Epley maneuver was repeated in group A patients and the results of hallpike test was recorded for both groups.

#### General information

##### Acronym

##### IRCT registration information

IRCT registration number: **IRCT2016101717413N19**

Registration date: **2016-10-28, 1395/08/07**

Registration timing: **retrospective**

Last update:

Update count: **0**

##### Registration date

2016-10-28, 1395/08/07

##### Registrant information

###### Name

Hamidreza Karimi-Sari

###### Name of organization / entity

Student Research Committee, Baqiyatallah University of Medical Sciences

###### Country

Iran (Islamic Republic of)

###### Phone

+98 21 8126 4354

###### Email address

hrkarimisari@bmsu.ac.ir

##### Recruitment status

###### Recruitment complete

##### Funding source

Deputy of research of Baqiyatallah University of Medical Sciences

##### Expected recruitment start date

2015-06-22, 1394/04/01

##### Expected recruitment end date

2016-06-21, 1395/04/01

##### Actual recruitment start date

empty

##### Actual recruitment end date

empty

##### Trial completion date

empty

##### Scientific title

Comparison of Epley Maneuver and Cinnarizine in

Treatment of Benign Positional Paroxysmal Vertigo

## Public title

Comparison of Epley Maneuver and Cinnarizine in Treatment of Benign Positional Paroxysmal Vertigo

## Purpose

Treatment

## Inclusion/Exclusion criteria

Inclusion criteria: 1- Patients with definite diagnosis of BPPV 2- only up to 2 days after diagnosis 3- those who have not received any treatments for BPPV Exclusion criteria: 1- Patients with no definite diagnosis 2- those suspicious for other causes of vertigo, especially CNS involvement 3- not willing to participate 4- previous history of treatment

## Age

No age limit

## Gender

Both

## Phase

3

## Groups that have been masked

No information

## Sample size

Target sample size: 40

## 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

Baqiyatallah University of Medical Sciences

##### Street address

Nosrati Alley, Sheykh Bahaei Street, Mollasadra street, Vanaq Square, Tehran, Iran

##### City

Tehran

##### Postal code

#### Approval date

2012-05-21, 1391/03/01

#### Ethics committee reference number

IR.BMSU.REC.1391.112

## Health conditions studied

### 1

#### Description of health condition studied

Benign Positional Paroxysmal Vertigo

#### ICD-10 code

H81.1

#### ICD-10 code description

Benign paroxysmal vertigo

## Primary outcomes

### 1

#### Description

Positional Paroxysmal Vertigo

#### Timepoint

Before, first and second week after intervention

#### Method of measurement

Halpike test

### 2

#### Description

Symptom Resolution

#### Timepoint

First and second weeks after intervention

#### Method of measurement

Visual Analogue Scale

## Secondary outcomes

empty

## Intervention groups

### 1

#### Description

The first group will undergo treatment with Epley Maneuver in the first visit and two more times in first and second weeks after intervention (three times in general)

#### Category

Treatment - Other

### 2

#### Description

The second group will undergo treatment with cinnarizine tablet (25 mg every 8 hours) for two weeks.

#### Category

Treatment - Drugs

## Recruitment centers

### 1

#### Recruitment center

##### Name of recruitment center

Baqiyatallah Hospital

##### Full name of responsible person

Mohammad Hossein Khosravi

##### Street address

Baqiyatallah Hospital, Mollasadra st., Vanaq sq.,  
Tehran, Iran

**City**  
Tehran

## Sponsors / Funding sources

### 1

#### Sponsor

**Name of organization / entity**  
Baqiyatallah University of Medical Sciences

**Full name of responsible person**  
Morteza Izadi

**Street address**  
Baqiyatallah University of Medical Sciences, Nosrati  
Alley, Sheykh Bahaei st., Mollasadra st., Vanaq sq.,  
Tehran, Iran

**City**  
Tehran

#### Grant name

#### Grant code / Reference number

**Is the source of funding the same sponsor  
organization/entity?**  
Yes

**Title of funding source**  
Baqiyatallah 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**  
Student Research Committee, Baqiyatallah University  
of Medical Sciences, Tehran, Iran

**Full name of responsible person**  
Mohammad Hossein Khosravi

**Position**  
Secretary-General

#### Other areas of specialty/work

**Street address**  
Nosrati Alley, Sheykh Bahaei st, Mollasadra st., Vanaq  
sq., Tehran, Iran

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**Web page address**

## Person responsible for scientific inquiries

#### Contact

**Name of organization / entity**  
Department of Otorhinolaryngology, Head and Neck  
Surgery, Faculty of Medicine, Baqiyatallah Universi

**Full name of responsible person**  
Masoumeh Saeedi

**Position**  
Otolaryngologist

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## Person responsible for updating data

#### Contact

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**Full name of responsible person**  
Mohammad Hossein Khosravi

**Position**  
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**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*