Clinical Trial Protocol
Iranian Registry of Clinical Trials

22 Nov 2026

comparison of bobath versus task oriented approach in young stroke patients

Protocol summary

Study aim
The aim of this study To determine the effect of bobath approach verses task oriented approach for motor activity, activity of daily living and quality of life in young stroke patients

Design
This study was randomized controlled trail. Data was taken from the department of physical therapy of private sector teaching hospital in Pakistan. Randomized sampling technique was used for data collection.

Settings and conduct
Patient was recruited from Carex hospital and Ch .M akram teaching and research hospital Lahore

Participants/Inclusion and exclusion criteria
In this study patients included both male and female equally under the age of 16 to 45 and after diagnosis of stroke. In this study excluded Patient with comorbidities such as known case of Brain Tumor, Head Injury. Infective conditions of brain or hemi-section of spinal cord, Psychiatric problems, post-operative orthopedic surgery and cardiovascular disease. Orthopedic impairments Total knee replacement, Total hip replacement, Shoulder Arthroplasty Prosthetic Implants

Intervention groups
group A (TASK ORIENTED APPROACH) GROUP B(BOBATH APPROACH)

Main outcome variables
Barthel Index was used for observing improvement in activities performed by affected limb. Motor assessment scale was used for assessment of sensori- motor function of affected limb. Specific quality of life scale will be used for assessment of quality-of-life component in stroke patients.

General information

Reason for update

Acronym
bobath & task oriented approach

IRCT registration information
IRCT registration number: **IRCT20210614051573N1**
Registration date: **2021-10-27, 1400/08/05**
Registration timing: **retrospective**

Last update: **2021-10-27, 1400/08/05**
Update count: **0**

Registration date
2021-10-27, 1400/08/05

Registrant information

Name
zohaib shahid

Name of organization / entity
The superior university lahore pakistan

Country
Pakistan

Phone
+92 42 35244954

Email address
zabi809@live.com

Recruitment status
Recruitment complete

Funding source

Expected recruitment start date
2018-09-27, 1397/07/05

Expected recruitment end date
2019-04-20, 1398/01/31

Actual recruitment start date
2018-09-27, 1397/07/05

Actual recruitment end date
2019-05-30, 1398/03/09

Trial completion date
2019-05-30, 1398/03/09

Scientific title
comparison of bobath versus task oriented approach in young stroke patients

Public title
comparison of bobath versus task oriented approach in young stroke patients
Purpose
Treatment
Inclusion/Exclusion criteria
Inclusion criteria:
Participants with diagnosis of stroke Both males and females. Age 16 to 45 participants Ischemic type stroke patients
Exclusion criteria:
Patient with comorbidities such as known case of Brain Tumor, Head Injury. Infectiveconditions of brain or hemi-section of spinal cord, Psychiatric problems, Post-operativeorthopedic surgery and cardiovascular disease Orthopedic impairments Total knee replacement, Total hip replacement, ShoulderArthroplasty Prosthetic Implants
Age
From **16 years** old to **45 years** old
Gender
Both

Phase
2
Groups that have been masked

- Participant
- Investigator

Sample size
Target sample size: **60**
More than 1 sample in each individual
Number of samples in each individual: **2**
pre and post treatment data was collected by the participants
Actual sample size reached: **60**
More than 1 sample in each individual
Actual sample size in each individual: **2**
pre and post treatment data was collected and each participant took part in these 2 reading
Randomization (investigator's opinion)
Randomized
Randomization description
This study was randomized controlled trail. Data was taken from the department of physical therapy of private sector teaching hospital in Pakistan. Randomized sampling technique was used for data collection. Total 60 patients were included in this study. Barthel Index was used for observing improvement in activities performed by affected limb. Motor assessment scale was used for assessment of sensori- motor function of affected limb. Specific quality of life scale will be used for assessment of quality-of-life component in stroke patients.
Blinding (investigator's opinion)
Single blinded
Blinding description
Study is double blind because participants and investigator don’t know regarding technique which one technique is better for young stroke patients
Placebo
Not used
Assignment
Parallel
Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee
Name of ethics committee
INTER REVEIW COMMITEE OF UNIVERSITY OF LAHORE
Street address
BOBTIAN CHOWK UNIVERSITY OF LAHORE
City
lahore
Postal code
54000
Approval date
2018-09-27, 1397/07/05
Ethics committee reference number
IRB -UOL -FHS/383/2018

Health conditions studied

1

Description of health condition studied
:Stroke is leading cause of disability and according to world health organizationworldwide stroke is second leading cause of mortality. Stroke is a worldwide health problemwith incidence of 0.2 to 2.5 per 1000 population. Stroke patients lead to the paralysis one orboth side of the body causing difficulty in ADLS and ambulation
ICD-10 code
G46.4
ICD-10 code description
Cerebellar stroke syndrome

Primary outcomes

1

Description
QUALITY OF LIFE IN STROKE PATIENTS
Timepoint
DATA COLLECTION STARTED 27 NOV 2018 TO ONWORD AFTER 8 WEEK post treatment reading was taken
Method of measurement
bathel index , motor assessment scale , specific stroke quality of life

Secondary outcomes

empty

Intervention groups

1

Description
Intervention group: A task oriented approach
Category
Rehabilitation

2

Description
Intervention group: bobath approach
Category
Rehabilitation

Recruitment centers

1

Recruitment center
Name of recruitment center
Carex hospital
Full name of responsible person
Zohaib Shahid
Street address
Carex hospital township lahore
City
Lahore
Postal code
54000
Phone
+92 42 35154163
Email
zabi809@live.com
Web page address

2

Recruitment center
Name of recruitment center
Ch muhammad akram teaching and research hospital lahore
Full name of responsible person
Hafiz Sheraz
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Phone
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Email
sheraz.arshad@superior.edu.pk

Sponsors / Funding sources

1

Sponsor
Name of organization / entity
The University of Lahore
Full name of responsible person
Dr Ashfaq
Street address
Defence Road Bobtian stop Lahore
City
Lahore
Postal code
54000
Phone
+92 42 32300865
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zabi809@live.com
Grant name
Grant code / Reference number
Is the source of funding the same sponsor organization/entity?
Yes
Title of funding source
The University of Lahore
Proportion provided by this source
100
Public or private sector
Private
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
The University of Lahore
Full name of responsible person
Dr Ashfaq
Position
Head of department
Latest degree
Ph.D.
Other areas of specialty/work
Physiotherapy
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Person responsible for scientific inquiries

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Full name of responsible person

Zohaib Shahid

Position
Senior Lecturer

Latest degree
Master

Other areas of specialty/work
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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
Yes - There is 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
Yes - There is a plan to make this available

Clinical Study Report
Yes - There is 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

Title and more details about the data/document
in the from of descriptive the data or things will be shared

When the data will become available and for how long
in attached file form

To whom data/document is available
all things discus in the study methodology

Under which criteria data/document could be used
in the form spss file

From where data/document is obtainable
through mail form

What processes are involved for a request to access data/document
through statistical analysis

Comments
no