

Clinical Trial Protocol

Iranian Registry of Clinical Trials

10 Jun 2026

The effect of inspiratory muscle training on clinical status indicators and quality of life in COPD patients

Protocol summary

Summary

This clinical trial aimed to determine the effect of inspiratory muscle training on quality of life, dyspnea, exercise tolerance and pulmonary function test of COPD patients. A total 30 COPD patients were randomly assigned into Inspiratory muscle training group and control group, the patients trained at home daily for 21 minutes, 6 days per week for 8 weeks. dyspnea, exercise tolerance, PFT and QOL were measured and compared between groups.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT201104266299N1**
Registration date: **2011-09-22, 1390/06/31**
Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2011-09-22, 1390/06/31

Registrant information

Name

Maryam Bakhshandeh Bavarsad

Name of organization / entity

School of Nursing and Midwifery, Jondi Shapur
University of Medical Sciences

Country

Iran (Islamic Republic of)

Phone

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Recruitment status

Recruitment complete

Funding source

Jondi Shapur University of Medical Sciences

Expected recruitment start date

2011-02-20, 1389/12/01

Expected recruitment end date

2011-06-19, 1390/03/29

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effect of inspiratory muscle training on clinical status indicators and quality of life in COPD patients

Public title

The effect of inspiratory muscle training in COPD patients

Purpose

Supportive

Inclusion/Exclusion criteria

Inclusion criteria: COPD patients with mild to very severe degree, having established a treatment plan, Having a BMI less than 35, Absence of other diseases such as neurological disorders, musculoskeletal system, peripheral vascular disease, not heart attack, Independence to the long-term oxygen therapy
Exclusion criteria: Changes in treatment plan during the study

Age

From **45 years** old to **65 years** old

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **30**

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
Jondi Shapur University of Medical Sciences-School of Nursing and Midwifery
Street address
Jundishapur University of Medical Sciences, School of Nursing and Midwifery, Golestan Highway, Ahvaz
City
Ahvaz
Postal code
Approval date
2010-08-20, 1389/05/29
Ethics committee reference number
ETH-126

Health conditions studied

1

Description of health condition studied
Chronic obstructive pulmonary disease
ICD-10 code
J44.9
ICD-10 code description
chronic obstructive pulmonary disease, unspecified

Primary outcomes

1

Description
dyspnea
Timepoint
Baseline and the end of 8 weeks
Method of measurement
Borg scale

Secondary outcomes

1

Description

Quality of life
Timepoint
Baseline and the end of 8 weeks
Method of measurement
St,george quality of life

Intervention groups

1

Description

Case group:inspiratory muscle training 6 days per week, 21 minutes for 8 weeks

Category

Rehabilitation

2

Description

Control group: Resived no intervention

Category

Rehabilitation

Recruitment centers

1

Recruitment center

Name of recruitment center
Aria Specialized and Ultra Specialized Hospital
Full name of responsible person
Dr. Ismail Idani
Street address
Aria Hospital, Kianpars, Ahvaz
City
Ahvaz

Sponsors / Funding sources

1

Sponsor

Name of organization / entity
Jondi Shapur University of Medical Sciences
Full name of responsible person
Dr. Mostafa Fegghi, Vice-Chancellor for Research
Street address
Jondi Shapur University of Medical Sciences, School of Nursing and Midwifery
City
Ahvaz
Grant name
Grant code / Reference number
Is the source of funding the same sponsor organization/entity?
Yes
Title of funding source
Jondi Shapur 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

Ahvaz

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Fax**Email**

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Web page address**Person responsible for general inquiries****Contact****Name of organization / entity**

School of Nursing and Midwifery, Jondi Shapur
University of Medical Science

Full name of responsible person

Maryam Bakhshandeh Bavarsad

Position

Master of Science in Nursing

Other areas of specialty/work**Street address**

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Full name of responsible person

Abdolali Sharyati

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Master of Science in Nursing and a faculty member

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Nursing and Midwifery, Golestan Highway ,Ahvaz

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