

Clinical Trial Protocol

Iranian Registry of Clinical Trials

11 Sep 2026

The Effect of Breathing Exercises on Fatigue Severity, Dyspnea, and Functional Classification in Patients with Heart Failure

Protocol summary

Study aim

Determining the effect of breathing exercises on the severity of fatigue, dyspnea, and functional classification of heart failure patients

Design

Three-arm parallel groups randomized trial without blinding on 100 patients. The sealed envelope method will be used for simple random division

Settings and conduct

The study is conducted at Shahid Modarres Hospital of Tehran affiliated with Shahid Beheshti University of Medical Sciences. The patients will be selected by convenience sampling and placed in three groups in a simple random method. Breathing exercises in two different ways (incentive spirometry; diaphragmatic and pursed-lip breathing exercises) will be performed three times a day for 10 days in the patients of the two intervention groups. In the control group, usual treatments and care are performed. Before the start of the intervention and after its completion, variables of fatigue, dyspnea, and functional classification are measured in all patients.

Participants/Inclusion and exclusion criteria

Heart failure patients of both sexes at least 20 years old; ability to read and write; EF lower than 55%; NYHA functional classification between classes II to IV; No history of psychological disorders, cancer, anemia, renal failure, diabetes, and neurological disorders

Intervention groups

A control group; a group of diaphragmatic and pursed lip breathing exercises; a group of flow oriented incentive spirometry

Main outcome variables

Fatigue severity; dyspnea; functional classification

General information

Reason for update

According to the end of the intervention, the start and

end dates of sampling were updated.

Acronym

IRCT registration information

IRCT registration number: **IRCT20240306061197N1**

Registration date: **2024-04-14, 1403/01/26**

Registration timing: **prospective**

Last update: **2024-07-17, 1403/04/27**

Update count: **2**

Registration date

2024-04-14, 1403/01/26

Registrant information

Name

Amirhossein Nasirmoghadas

Name of organization / entity

Country

Iran (Islamic Republic of)

Phone

+98 21 8803 8972

Email address

amir.h.nasirmoghadas@sbmu.ac.ir

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2024-04-08, 1403/01/20

Expected recruitment end date

2024-06-09, 1403/03/20

Actual recruitment start date

2024-04-15, 1403/01/27

Actual recruitment end date

2024-06-14, 1403/03/25

Trial completion date

2024-06-14, 1403/03/25

Scientific title

The Effect of Breathing Exercises on Fatigue Severity, Dyspnea, and Functional Classification in Patients with

Heart Failure	Research Ethics Committees of School of Pharmacy and Nursing & Midwifery- Shahid Beheshti University
Public title	Street address
The Effect of Breathing Exercises on Fatigue Severity, Dyspnea, and Functional Classification in Patients with Heart Failure	Nursing and Midwifery Faculty, Intersection of Valiasr St. and Niayesh Highway
Purpose	City
Supportive	Tehran
Inclusion/Exclusion criteria	Province
Inclusion criteria:	Tehran
Heart failure patients with Ejection Fraction (EF) lower than 55% NYHA functional classification between classes II to IV Ability to read and write Informed consent	Postal code
Exclusion criteria:	1996835119
No history of psychological disorders, cancer, anemia, renal failure, diabetes, and neurological disorders Simultaneous participation in any study that includes breathing exercises or any intervention effective on fatigue and dyspnea	Approval date
	2022-10-25, 1401/08/03
	Ethics committee reference number
	IR.SBMU.PHARMACY.REC.1401.161
	Health conditions studied
Age	1
From 20 years old	Description of health condition studied
Gender	Heart failure
Both	ICD-10 code
	I50
Phase	ICD-10 code description
N/A	Heart failure
Groups that have been masked	
No information	
Sample size	Primary outcomes
Target sample size: 100	1
Actual sample size reached: 90	Description
Randomization (investigator's opinion)	Fatigue severity score based on FSS questionnaire
Randomized	Timepoint
Randomization description	Before and after the intervention
The sealed envelope method will be used for simple random division. Each participant will draw a sealed envelope containing a number between 1 and 3. Patients who draw number 1 will be placed in the control group, number 2 in the diaphragmatic and pursed-lip breathing exercises group (DG), and number 3 in flow-oriented incentive spirometry.	Method of measurement
Blinding (investigator's opinion)	Fatigue Severity Scale (FSS) questionnaire
Not blinded	2
Blinding description	Description
Placebo	Dyspnea severity based on modified Borg dyspnea scale
Not used	Timepoint
Assignment	Before and after the intervention at rest and on exertion
Parallel	Method of measurement
Other design features	score of modified Borg dyspnea scale
The study will have three groups, including a control group, a group of diaphragmatic and pursed-lip breathing exercises, and an incentive spirometry group.	3
	Description
	New York Heart Association (NYHA) Functional Classification
	Timepoint
	Before and after the intervention
	Method of measurement
	New York Heart Association (NYHA) Functional Classification based on severity of symptoms especially fatigue and dyspnea
Secondary Ids	Secondary outcomes
empty	empty
Ethics committees	
1	
Ethics committee	
Name of ethics committee	

Intervention groups

1

Description

Intervention group 1: diaphragmatic and pursed-lip breathing exercises, thrice a day for 10 days and each time for 10 minutes. take a 2-minute rest for every 1 minute of performing the breathing exercises (10 breaths/minute)

Category

Rehabilitation

2

Description

Intervention group 2: use of flow-oriented spirometry three times a day for 10 days. Each time, two rounds of 10 breaths and a few minutes of rest between each round

Category

Rehabilitation

3

Description

Control group: Continue the usual treatments and care

Category

Other

Recruitment centers

1

Recruitment center

Name of recruitment center

Shahid Modarres Hospital

Full name of responsible person

Amirhossein Nasirmoghadas

Street address

Yadegar emam highway, saadat abad intersection

City

Tehran

Province

Tehran

Postal code

1998734383

Phone

+98 21 23515

Email

amir.h.nasirmoghadas@sbmu.ac.ir

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Shahid Beheshti University of Medical Sciences

Full name of responsible person

Dr. Afshin Zarghi

Street address

Arabi Ave, Bldg No.2, 7th Floor, Velenjak, Tajrish

City

Tehran

Province

Tehran

Postal code

1996835119

Phone

+98 21 2243 9780

Email

info@sbmu.ac.ir

Grant name

Grant code / Reference number

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

Yes

Title of funding source

Shahid Beheshti University of Medical Sciences

Proportion provided by this source

100

Public or private sector

Public

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

Shahid Beheshti University of Medical Sciences

Full name of responsible person

Amirhossein Nasirmoghadas

Position

M.Sc Student

Latest degree

Bachelor

Other areas of specialty/work

Nursery

Street address

No. 26, West Zayandeh roud Alley, North Shirazi Ave.,
Mollasadra Ave.

City

Tehran

Province

Tehran

Postal code

1991613651

Phone

+98 21 8803 8972

Fax

Email

amir.h.nasirmoghadas@sbmu.ac.ir

Person responsible for scientific inquiries

Contact

Name of organization / entity

Shahid Beheshti University of Medical Sciences

Full name of responsible person

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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

Undecided - It is not yet known if there will be 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

Undecided - It is not yet known if there will be a plan to make this available

Clinical Study Report

Undecided - It is not yet known if there will be 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

Person responsible for updating data**Contact****Name of organization / entity**

Shahid Beheshti University of Medical Sciences

Full name of responsible person

Amirhossein Nasirmoghadas

Position

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Latest degree

Bachelor

Other areas of specialty/work

Nursery