Clinical Trial Protocol
Iranian Registry of Clinical Trials

22 Nov 2026

Comparative effects of gaze stabilization exercises and cawthorne cooksey exercises on craniovertebral angle and vestibulo-ocular reflex in IT students

Protocol summary

Study aim
The objectives are to enhance gaze stability through the application of gaze stabilization exercises and Cawthorne Cooksey exercises also to study and compare the effect of Gaze stabilization exercises and Cawthorne Cooksey exercises on Craniovertebral angle and Vestibular ocular reflex.

Design
Simple random sampling is a statistical method used to gather data from a population. In simple random sampling, each member of the population has an equal chance of being selected to be part of the sample. This method ensures that the sample is representative of the entire population and helps reduce bias in the results. Simple random sampling can be conducted using various techniques such as random number generators, random drawing methods, or randomization software.

Settings and conduct
The University of Faisalabad. participants were blinded

Participants/Inclusion and exclusion criteria
Inclusion criteria • Participants willing to give consent • IT students • Both genders • Age: 19-25 years • Screen time 6-8 hours • VOR(+) • Craniovertebral angle 50° -53° • Thoracic angle 30° -50° Exclusion criteria • Uncooperative participants • No other neurological disorder • History of ear infection • History of migraine • History of dizziness, vertigo • Subjects with history of head injury • Subjects with ADHD

Intervention groups
Group A The participants of experimental group A will perform Gaze stabilization exercises as treatment approach for 3 weeks, 3 sessions per week and 3 times a day. Group B The participants of experimental group B will perform Cawthorne Cooksey exercises as a treatment protocol for 1 minute thrice a day (total 3 minutes per day) on alternate days for 3 weeks, 3 sessions per week and 3 times a day.

Main outcome variables
Goniometer Inclinometer

General information

Reason for update

Acronym

IRCT registration information
IRCT registration number: **IRCT20240307061205N3**
Registration date: **2024-04-03, 1403/01/15**
Registration timing: **registered_while_recruiting**

Last update: **2024-04-03, 1403/01/15**
Update count: **0**

Registration date
2024-04-03, 1403/01/15

Registrant information

Name
Wardah Jabbar

Name of organization / entity
The University Of Faisalabad

Country
Pakistan

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2022-ms-pt-020@tuf.edu.pk

Recruitment status
Recruitment complete

Funding source

Expected recruitment start date
2024-02-17, 1402/11/28

Expected recruitment end date
2024-03-09, 1402/12/19

Actual recruitment start date
2024-02-17, 1402/11/28

Actual recruitment end date
2024-04-09, 1403/01/21
Trial completion date
2024-04-11, 1403/01/23

Scientific title
Comparative effects of gaze stabilization exercises and cawthorne cooksey exercises on craniovertebral angle and vestibulo-ocular reflex in IT students

Public title
Comparative effects of gaze stabilization exercises and cawthorne cooksey exercises on craniovertebral angle and vestibulo-ocular reflex in IT students
Purpose
Treatment
Inclusion/Exclusion criteria
Inclusion criteria:
Participants willing to give consent IT students Both genders Age: 19-25 years Screen time 6-8 hours VOR(+) Craniovertebral angle 50°-53° Thoracic angle 30°-50°
Exclusion criteria:
Uncooperative participants No other neurological disorder History of ear infection History of migraine History of dizziness, vertigo Subjects with history of head injury Subjects with ADHD
Age
From **19 years** old to **25 years** old
Gender
Both

Phase
N/A
Groups that have been masked

- Participant

Sample size
Target sample size: **50**
Actual sample size reached: **46**
Randomization (investigator's opinion)
Randomized
Randomization description
Simple random sampling by using chit and draw method "Chit" and "draw randomization" are terms commonly used in the context of random sampling and random assignment in research or experimental designs. Chit: A chit is a small piece of paper or a token that typically contains a number or identifier. In research methodology, chits are often used in a process called randomization. Each chit represents a participant or an experimental condition. Draw Randomization: Draw randomization is a method of randomly assigning participants to different groups or conditions in an experiment or study. Here's how it typically works: - Each participant's name or ID is written on a separate chit. - These chits are then placed in a container, such as a hat or a box. - A person who is not involved in the study then randomly selects chits from the container without looking. - The selected chits determine the assignment of participants to various groups or conditions. Draw randomization ensures that each participant has an equal chance of being assigned to any group, which helps in reducing bias and ensures the validity of experimental results. It is commonly used in fields such as psychology, medicine, and social sciences when conducting randomized controlled trials or experiments.
Blinding (investigator's opinion)
Single blinded
Blinding description
Single blinded study was conducted to minimize the chance of biasness, this study design was used to allocate the members in comparable groups.
Placebo
Not used
Assignment
Parallel
Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee
Name of ethics committee
Research and Ethics / technical committee for the university of Faisalabad
Street address
faisal town, west canal road, faisalabad, punjab
City
faisalabad
Postal code
38000
Approval date
2024-01-05, 1402/10/15
Ethics committee reference number
TUF/Addl Reg/SB/754

Health conditions studied

1

Description of health condition studied
vestibular insufficiency
ICD-10 code
ICD-10 code description

Primary outcomes

1

Description
craniovertebral angle
Timepoint
before intervention and 3 weeks after intervention
Method of measurement
Goniometer

2

Description
Vestibular ocular reflex

Timepoint
before intervention and 3 weeks after intervention
Method of measurement
Gaze stabilization exercises

Secondary outcomes

empty

Intervention groups

1

Description
Intervention group: The participants of experimental group A will perform Gaze stabilization exercises as treatment approach for 3 weeks, 3 sessions per week and 3 times a day.
Category
Rehabilitation

2

Description
Intervention group: The participants of experimental group B will perform Cawthorne Cooksey exercises as a treatment protocol for 1 minute thrice a day (total 3 minutes per day) on alternate days for 3 weeks, 3 sessions per week and 3 times a day.
Category
Rehabilitation

Recruitment centers

1

Recruitment center
Name of recruitment center
The university of Faisalabad
Full name of responsible person
Dr. Wardah Jabbar
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Sponsors / Funding sources

1

Sponsor
Name of organization / entity
The University of Faisalabad
Full name of responsible person
Dr. Zainab Boota; PT
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Grant name
Grant code / Reference number
Is the source of funding the same sponsor organization/entity?
Yes
Title of funding source
The University of Faisalabad
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 Faisalabad
Full name of responsible person
Dr. Zainab Boota; PT
Position
Clinical physiotherapist
Latest degree
Master
Other areas of specialty/work
Physiotherapy
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Person responsible for scientific inquiries

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Name of organization / entity
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Full name of responsible person
Dr. Syed Saqlain Babar; PT

Position
Clinical consultant physiotherapist

Latest degree
Master

Other areas of specialty/work
Physiotherapy

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Person responsible for updating data

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Sharing plan

Deidentified Individual Participant Data Set (IPD)
Yes - There is a plan to make this available

Study Protocol
Yes - There is a plan to make this available

Statistical Analysis Plan
Yes - There is 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
No - There is not a plan to make this available

Data Dictionary
Yes - There is a plan to make this available

Title and more details about the data/document
Comparative effects of gaze stabilization exercises and cawthorne cooksey exercises on craniovertebral angle and vestibulo-ocular reflex in IT students

When the data will become available and for how long
15 days after publication

To whom data/document is available
Google Scholar

Under which criteria data/document could be used
Access to the data will be facilitated through a specified mechanism, such as a secure online portal or data sharing platform. Requests for access will be reviewed by a designated committee or entity responsible for ensuring that they meet the established criteria and comply with relevant regulations and guidelines. Additional supporting information and documents may be provided to assist requesters in understanding the available data and its potential applications.

From where data/document is obtainable
The University of Faisalabad 38000 https://tuf.edu.pk/ 00924187509715

What processes are involved for a request to access data/document
To receive the documents or data files, the process typically involves the following steps: 1. Request Initiation: The applicant submits a formal request specifying the documents or data files they need. 2. Verification and Authorization: The organization verifies the request and ensures that the applicant is authorized to access the requested documents or data files. This may involve confirming the identity of the requester and checking their permissions. 3. Processing Time: The processing time varies depending on the complexity of the request, the volume of documents or data files, and any legal or regulatory requirements. It could range from a few hours to several weeks. 4. Document Retrieval or Data Extraction: Once the request is approved, the organization retrieves the documents from their archives or extracts the requested data from their databases. 5. Quality Assurance: Before releasing the documents or data files to the applicant, the organization may conduct quality checks to ensure accuracy and completeness. 6. Delivery: The documents or data files are delivered to the applicant through a secure channel, such as encrypted email, secure file transfer protocols, or a secure online portal. 7. Confirmation of Receipt: The applicant acknowledges receipt of the documents or data files, confirming that they have received the information they requested.

Comments