

Clinical Trial Protocol

Iranian Registry of Clinical Trials

10 Jun 2026

Comparative effects of gaze stabilization exercises and cawthorne cooksey exercises on thoracic angle and cervical ranges 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 Thoracic angle and Cervical ranges.

Design

Simple random sampling.

Settings and conduct

The University of Faisalabad.

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 Inclinator

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20240307061205N2**

Registration date: **2024-04-01, 1403/01/13**

Registration timing: **registered_while_recruiting**

Last update: **2024-04-01, 1403/01/13**

Update count: **0**

Registration date

2024-04-01, 1403/01/13

Registrant information

Name

Wardah Jabbar

Name of organization / entity

The University Of Faisalabad

Country

Pakistan

Phone

+92 41 87509715

Email address

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 thoracic angle and cervical ranges in IT students

Public title

Comparative effects of gaze stabilization exercises and cawthorne cooksey exercises on thoracic angle and cervical ranges 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
3

Groups that have been masked

- Participant

Sample size
Target sample size: **46**
Actual sample size reached: **50**

Randomization (investigator's opinion)
Randomized

Randomization description
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. "Chit" and "draw randomization" 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 is a method of randomly assigning participants to different groups or conditions in an experiment or study.

Blinding (investigator's opinion)
Single blinded

Blinding description
It is a single-blinded study, the participants are kept unaware of specific details such as the treatment they are receiving or whether they are in the experimental group or the control group.

Placebo
Not used

Assignment
Parallel

Other design features
Thoracic angle, cervical ranges, Goniometer, inclinometer

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

H81.8X9

ICD-10 code description

Other disorders of vestibular function, unspecified ear

Primary outcomes

1

Description

Thoracic angle

Timepoint

before intervention and 3 weeks after intervention

Method of measurement

Inclinometer

2

Description

Cervical Ranges

Timepoint

before intervention and 3 weeks after intervention

Method of measurement

Goniometer

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; PT

Street address

faisal town, west canal road, faisalabad, punjab

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

Web page address

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity

The University of Faisalabad

Full name of responsible person

Gulraiz Ayub

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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. Gulraiz Ayub; PT

Position

Clinical Physiotherapist

Latest degree

Master

Other areas of specialty/work

Physiotherapy

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Person responsible for scientific inquiries

Contact

Name of organization / entity

The University of Faisalabad

Full name of responsible person

Dr. Gulraiz Ayub; PT

Position

Consultant

Latest degree

Master

Other areas of specialty/work

Physiotherapy

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Person responsible for updating data

Contact

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Latest degree
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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 thoracic angle and cervical ranges 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

he 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