Clinical Trial Protocol
Iranian Registry of Clinical Trials

22 Nov 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 Inclinometer

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

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+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
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faisal town, west canal road, faisalabad, punjab
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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 updating data

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Clinical physiotherapist

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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