Clinical Trial Protocol
Iranian Registry of Clinical Trials

08 Nov 2026

The effect of Hypnotherapy on the improvement of symptoms of Asthmatic Patients

Protocol summary

Study aim
Determine the effect of Hypnotherapy on the improvement of symptoms of Asthma affected patients
Design
Clinical trial with controlled group, triple-blind, randomized
Settings and conduct
In Hypnotherapy session, in Shahid Mofateh Clinic of Yasouj City, the patient was educated about trancing, creating fatigue in the eyes and muscle relaxation, creating concentration and trance, trance deepening via strengthening imaginary and mental image, giving effective and positive suggestions specially presenting suggestions in connection with solving respiratory problems resulted from Asthma.
Participants/Inclusion and exclusion criteria
Inclusion criteria of samples included; age range of 10-60 years, having at least one year history of affection to asthma and diagnosing of asthma disease by physician.
Intervention groups
Each individual from intervention group underwent Hypnotherapy by scientific method for one session of 1.5 hours. The control group had routine therapeutic procedure.
Main outcome variables
Asthma severity based on check-list Forces Expiratory Volume in first second (FEV1) by Peak Flow Meter

General information

Reason for update
Acronym
IRCT registration information
IRCT registration number: **IRCT20100919004775N10**
Registration date: **2018-07-28, 1397/05/06**
Registration timing: **retrospective**

Last update: **2018-07-28, 1397/05/06**
Update count: **0**
Registration date
2018-07-28, 1397/05/06

Registrant information
Name
Zinat Mohebbi
Name of organization / entity
Shiraz University of Medical Sciences
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Iran (Islamic Republic of)
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Recruitment status
Recruitment complete
Funding source

Expected recruitment start date
2008-01-16, 1386/10/26
Expected recruitment end date
2010-01-14, 1388/10/24
Actual recruitment start date
2008-03-20, 1387/01/01
Actual recruitment end date
2010-03-21, 1389/01/01
Trial completion date
empty

Scientific title
The effect of Hypnotherapy on the improvement of symptoms of Asthmatic Patients

Public title
The effect of Hypnotherapy on Improvement of Asthma
Purpose
Supportive
Inclusion/Exclusion criteria
Inclusion criteria:
Showing propensity of participating in study and filling

the informed consent Age range of 10-60 years Having at least one year history of affection to Asthma Diagnosing of Asthma disease by physician

Exclusion criteria:

Being under therapeutic programs like Homeopathy, relaxation etc.

Age

From **10 years** old to **60 years** old

Gender

Both

Phase

N/A

Groups that have been masked

- Care provider
- Outcome assessor
- Data analyser

Sample size

Target sample size: **72**

More than 1 sample in each individual

Number of samples in each individual: **4**

Before, immediately, 2 weeks and 4 weeks after intervention

Actual sample size reached: **64**

More than 1 sample in each individual

Actual sample size in each individual: **4**

Before, immediately, 2 weeks and 4 weeks after intervention

Randomization (investigator's opinion)

Randomized

Randomization description

Samples selecting on the basis of Block Randomization sampling method

Blinding (investigator's opinion)

Triple blinded

Blinding description

The Internist, the recorder of Check-list, the person doing Peak Flow Meter and statistical advisor had no knowledge about the matter that, the under studied sample was belong to which groups.

Placebo

Not used

Assignment

Other

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Ethics committee of Yasouj University of Medical Sciences

Street address

Yasouj University of Medical Sciences, near imam sajad hospital, Yasouj, Iran

City

Yasouj

Province

Kohgilouyeh-va-Boyrahmad

Postal code

7591994799

Approval date

2008-01-15, 1386/10/25

Ethics committee reference number

23/5/6865/پ

Health conditions studied

1

Description of health condition studied

Asthma

ICD-10 code

J45

ICD-10 code description

Chronic lower respiratory diseases

2

Description of health condition studied

Asthma

ICD-10 code

J40-J47

ICD-10 code description

Asthma

Primary outcomes

1

Description

Asthma Disease Severity

Timepoint

Before intervention, immediately, 2 weeks and 4 weeks after intervention

Method of measurement

The checklist was originated from guideline table of diagnosis and treatment of Asthma that has been published by national institute of Health, Heart, Lung and Blood

Secondary outcomes

empty

Intervention groups

1

Description

Intervention group: Each individual from intervention group underwent Hypnotherapy by scientific method for one session of 1.5 hours. In this session, the patient was educated about trancing, creating fatigue in the eyes and muscle relaxation, creating concentration and trance, trance deepening via strengthening imaginary and mental image, giving positive and effective

suggestions specially presenting suggestions in connection with solving respiratory problems resulted from Asthma that the patient performed them simultaneously. Lightening trance and bringing out the patient from it was carried out at the end.

Category
Other

2

Description
Control group: Asthma disease treatment with routine process was just carried out for this group.

Category
Treatment - Drugs

Recruitment centers

1

Recruitment center

Name of recruitment center
Shahid Mofateh Clinic of Yasouj City

Full name of responsible person
Zinat Mohebbi

Street address
Nursing and midwifery college, namazi Square

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity
Yasouj University of Medical Sciences

Full name of responsible person
Mohammad Zoladl

Street address
Yasouj University of Medical Sciences, near the Immam Sajad hospital

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Grant name

Grant code / Reference number
6865

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

Title of funding source
Yasouj 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
Shiraz University of Medical Sciences

Full name of responsible person
Zinat Mohebbi

Position
Assistant professor in Nursing

Latest degree
Ph.D.

Other areas of specialty/work
Nursery

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Sharing plan

Deidentified Individual Participant Data Set (IPD)
No - There is not a plan to make this available
Justification/reason for indecision/not sharing IPD
There are not further data
Study Protocol
No - There is not a plan to make this available
Statistical Analysis Plan
No - There is not a plan to make this available
Informed Consent Form
No - There is not a plan to make this available
Clinical Study Report
No - There is not a plan to make this available
Analytic Code
No - There is not a plan to make this available
Data Dictionary
No - There is not a plan to make this available