ISRCTN74428617 https://doi.org/10.1186/ISRCTN74428617

Effect of mouth taping at night on asthma control

Submission date	Recruitment status	[_] Prospectively registered
28/09/2005	No longer recruiting	[_] Protocol
Registration date	**Overall study status**	[_] Statistical analysis plan
15/11/2005	Completed	[X] Results
Last Edited	**Condition category**	[_] Individual participant data
15/07/2010	Respiratory	

Plain English summary of protocol
Not provided at time of registration

Contact information

Type(s)
Scientific

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Additional identifiers

EudraCT/CTIS number

IRAS number

ClinicalTrials.gov number

Secondary identifying numbers
TC03/5

Study information

Scientific Title

Study objectives
Taping the mouth at night to ensure nose breathing will improve asthma control

Ethics approval required
Old ethics approval format

Ethics approval(s)
Not provided at time of registration

Study design
Randomised controlled trial

Primary study design
Interventional

Secondary study design
Randomised controlled trial

Study setting(s)
Other

Study type(s)
Treatment

Participant information sheet

Health condition(s) or problem(s) studied
Asthma

Interventions
Crossover design of taping mouth at night versus usual breathing

Intervention Type
Other

Phase
Not Applicable

Primary outcome measure
Morning peak expiratory flow and symptom scores

Secondary outcome measures
1. Evening peak flow
2. Diurnal variation in peak flow
3. FEV1
4. Beta-agonist use
5. Night time waking

6. Quality of life
7. Acceptability
8. Compliance with taping

Overall study start date
27/05/2004

Completion date
31/05/2006

Eligibility

Key inclusion criteria
1. Asthma
2. Age 18-72
3. Forced expiratory volume in one second (FEV1) over 50% predicted
4. Nocturnal or early morning symptoms
5. Pro re nata (prn) (as needed) beta-agonist use

Participant type(s)
Patient

Age group
Adult

Lower age limit
18 Years

Upper age limit
72 Years

Sex
Both

Target number of participants
60

Key exclusion criteria
1. Previous training in Buteyko technique
2. Inability to breathe through nose
3. Known sleep apnoea
4. Over 10 pack years smoking history
5. Other significant uncontrolled disease

Date of first enrolment
27/05/2004

Date of final enrolment
31/05/2006

Locations

Countries of recruitment
England

United Kingdom

Study participating centre
Division Respiratory Medicine
Nottingham
United Kingdom
NG5 1PB

Sponsor information

Organisation
University of Nottingham (UK)

Sponsor details
Research Innovation Services
University Park
Nottingham
England
United Kingdom
NG7 2RD
paul.cartledge@nottingham.ac.uk

Sponsor type
University/education

ROR
https://ror.org/01ee9ar58

Funder(s)

Funder type
Charity

Funder Name
British Lung Foundation (UK) -)ref: TC03/5)

Alternative Name(s)

BLF

Funding Body Type
Private sector organisation

Funding Body Subtype
Trusts, charities, foundations (both public and private)

Location
United Kingdom

Results and Publications

Publication and dissemination plan
Not provided at time of registration

Intention to publish date

Individual participant data (IPD) sharing plan

IPD sharing plan summary
Not provided at time of registration

Study outputs

Output type	Details	Date created	Date added	Peer reviewed?	Patient-facing?
Results article	results	01/06/2009		Yes	No