

Physical therapy, Quality Of Life, and Activity of Daily Living in patients with Parkinson's Disease: a randomised trial

Submission date 10/07/2008	Recruitment status No longer recruiting	<input type="checkbox"/> Prospectively registered
Registration date 21/07/2008	Overall study status Completed	<input type="checkbox"/> Protocol
Last Edited 20/08/2009	Condition category Nervous System Diseases	<input type="checkbox"/> Statistical analysis plan
		<input checked="" type="checkbox"/> Results
		<input type="checkbox"/> Individual participant data

Plain English summary of protocol
Not provided at time of registration

Contact information

Type(s)
Scientific

Contact name
Prof Ali Montazeri

Contact details
Iranian Institute for Health Sciences Research
P.O. Box 13185-1488
Tehran
Iran
-
+98 (0)21 66480804
montazeri@acecr.ac.ir

Additional identifiers

EudraCT/CTIS number

IRAS number

ClinicalTrials.gov number

Secondary identifying numbers
N/A

Study information

Scientific Title

Acronym

QOLADLPD

Study objectives

Physical therapy would be effective in improving quality of life and activity of daily living in patients with Parkinson's disease.

Ethics approval required

Old ethics approval format

Ethics approval(s)

Ethics approval received from the Ethics Committee of Razi University in December 2006.

Study design

Randomised controlled trial

Primary study design

Interventional

Secondary study design

Randomised controlled trial

Study setting(s)

Not specified

Study type(s)

Quality of life

Participant information sheet

Health condition(s) or problem(s) studied

Parkinson's disease

Interventions

After randomisation, both groups continued to receive their routine pharmacological treatment. The pharmacological treatment for both groups were the same. The intervention group received physical therapy.

The physical therapy duration was 10 weeks. Patients in intervention group came to the clinic 4 days a week. Each physical therapy session lasted 1 hour beginning with 10 minutes warm-up, and 45 minutes postural, stretching, and strengthening exercises recommended for PD patients. The session was ended with 5 minutes relaxation and breathing training.

Intervention Type

Other

Phase

Not Specified

Primary outcome measure

Quality of life (QOL) measured using the Parkinson's Disease Quality of Life (PDQL) questionnaire at baseline (after randomisation) and follow-up (after physical therapy - 12 weeks after randomisation).

Secondary outcome measures

Activity of Daily Living (ADL) measured using the ADL subscale of the Short Parkinson's Evaluation Scale/Scales for Outcomes in Parkinson's disease (SPES/SCOPA) at baseline (after randomisation) and follow-up (after physical therapy - 12 weeks after randomisation).

Overall study start date

01/01/2007

Completion date

01/12/2007

Eligibility**Key inclusion criteria**

1. Confirmed diagnosis of Parkinson's disease
2. Aged equal to or less than 65 years (male only)
3. Stage 2 or 3 Hoehn and Yahr scale
4. No cardiovascular, orthopaedic or other neurological disease
5. No cognitive impairment

Participant type(s)

Patient

Age group

Adult

Sex

Male

Target number of participants

24

Key exclusion criteria

Does not comply with the above inclusion criteria

Date of first enrolment

01/01/2007

Date of final enrolment

01/12/2007

Locations

Countries of recruitment

Iran

Study participating centre

Iranian Institute for Health Sciences Research

Tehran

Iran

-

Sponsor information

Organisation

Razi University (Iran)

Sponsor details

Faculty of Physical Education

Kermanshah

Iran

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+98 (0)831 4279265

info@razi.ac.ir

Sponsor type

University/education

Website

<http://www.razi.ac.ir/>

ROR

<https://ror.org/02ynb0474>

Funder(s)

Funder type

University/education

Funder Name

Razi University (Iran)

Alternative Name(s)

Funding Body Type

Government organisation

Funding Body Subtype

Local government

Location

Iran

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	11/08/2009		Yes	No