

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	☐ Prospectively registered
Registration date 21/07/2008	Overall study status Completed	☐ Protocol
Last Edited 20/08/2009	Condition category Nervous System Diseases	☐ Statistical analysis plan
		☒ Results
		☐ Individual participant data

Plain English summary of protocol
Not provided at time of registration

Contact information

Type(s)
Scientific

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Additional identifiers

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.

Primary study design

Interventional

Study design

Randomised controlled trial

Study type(s)

Quality of life

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(s)

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).

Key secondary outcome(s)

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).

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

Healthy volunteers allowed

No

Age group

Adult

Sex

Male

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

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Sponsor information

Organisation

Razi University (Iran)

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

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