

A school-based posture education program to improve lung function, heart health, and psychological well-being in adolescents

ACTRN12625000855426

Status	RECRUITING
Sponsor	Universiti Kebangsaan Malaysia (UKM)
Enrollment	70 participants

Plain Language Summary

Poor posture in teenagers is increasingly common, partly due to time spent on screens and sedentary lifestyles. Over time, poor posture can affect how well the lungs work, increase blood pressure, and even impact mental health. This randomised controlled trial tests whether a structured school-based posture education program — added on top of regular physical education — can improve these health outcomes in high school students.

Students in the intervention group will receive dedicated posture education alongside their standard PE classes over 14 weeks. Researchers will measure lung capacity, heart rate, blood pressure, mental wellbeing, and exercise capacity (via a 6-minute walk test) at the beginning and end of the program. The control group will continue with standard PE only.

You may be eligible if you are a high school student aged 14–17, enrolled in grades 9–11, able to participate in physical activity, and can understand English. Students with diagnosed cardiovascular, lung, or musculoskeletal conditions, or those already in another clinical trial, would not be eligible. This study is coordinated by Universiti Kebangsaan Malaysia.

Key Eligibility Criteria

Inclusion (5)

- High school students aged 14 to 17 years
- Enrolled in grades 9–11 in participating schools
- Able to understand instructions in English
- Physically able to participate in school physical activity and testing procedures
- Provide informed assent, with parental/guardian consent obtained

Exclusion (4)

- Diagnosed cardiovascular, pulmonary, or musculoskeletal disorders
- Existing psychological or neurodevelopmental conditions that interfere with participation
- History of recent surgery or injury preventing physical activity
- Currently involved in any other clinical trial

Locations (1 total)

Al Ain, Abu Dhabi, United Arab Emirates

<https://www.anzctr.org.au/Trial/Registration/TrialReview.aspx?ACTRN=ACTRN12625000855426>

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