

# IMT in Asthma: Activity, Coping, Self-Management

NCT07320066

---

<b>Status</b>	RECRUITING
<b>Sponsor</b>	Istanbul Esenyurt University
<b>Enrollment</b>	15 participants

## Plain Language Summary

---

This study is looking at how inspiratory muscle training (IMT) — a breathing exercise program — affects physical activity levels, coping strategies, and self-management skills in people with severe non-allergic asthma.

**\*\*You may be eligible if...\*\***

- You are between 18 and 65 years old
- You have been diagnosed with severe persistent, non-allergic asthma by a lung specialist
- You have specific markers of non-type-2 inflammation (low eosinophils, negative allergy skin test, or low IgE levels)
- Your asthma has been monitored and treated for at least 6 months
- You have already completed a pulmonary rehabilitation program and 8 weeks of inspiratory muscle training

**\*\*You may NOT be eligible if...\*\***

- You had a respiratory infection in the past month
- You have a smoking history of more than 10 pack-years or quit less than 6 months ago
- You received oral steroids in the past 4 weeks
- Your BMI is above 35
- You have a history of cancer, pregnancy, previous lung surgery, or conditions like vasculitis, EGPA, or ABPA
- You use long-term oxygen therapy or have a restrictive lung disease

Talk to your doctor to see if this trial is right for you.

## Key Eligibility Criteria

---

### Inclusion (8)

- Being between the ages of 18-65
- Having been diagnosed with severe persistent, non-allergic asthma by a pulmonologist in accordance with the Global Initiative for Asthma (GINA) guideline criteria,
- Patients with type 2 inflammation markers. According to accepted standards; peripheral eosinophils  $<150/\mu\text{L}$  and/or negative skin prick test and/or total IgE  $<30$  kU/L
- Bronchodilator response ( $>12\%$  or 200 mL improvement in FEV1% predicted following inhalation of 400 mg salbutamol)
- Diagnosis-follow-up period: Patients diagnosed at least 6 months prior, under follow-up and treatment, and/or with controlled asthma

... and 3 more (see full listing online)

### Exclusion (13)

- Having recently had a respiratory tract infection recently (within the last month),
- Having a smoking history of more than 10 pack-years or having a history of smoking within 6 months after quitting smoking
- Having received oral corticosteroid treatment in the last 4 weeks,
- Having a Body Mass Index  $>35$ ,
- Eosinophilic Granulomatosis Polyangiitis (EGPA) and Allergic Bronchopulmonary Aspergillosis (ABPA),

... and 8 more (see full listing online)

<https://clinicaltrials.gov/study/NCT07320066>

## Locations (1 total)

---

Istanbul Esenyurt University, Istanbul, Istanbul, Turkey (Türkiye)

---

<https://clinicaltrials.gov/study/NCT07320066>

DISCLAIMER: This document is for informational purposes only and does not constitute medical advice. Always consult your healthcare provider before enrolling in any clinical trial. Information may not be up to date — verify details at [ClinicalTrials.gov](https://clinicaltrials.gov). Generated by [ClinicalTrialsFinder.org](https://ClinicalTrialsFinder.org).