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Effectiveness of an 8-Week Mobile App-Based Corrective Exercise Program on Neck and Shoulder Alignment in Male University Students: A Follow-Up Study on Retention of Improvements

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Protocol summary

Study aim	Examination of the Long-Term Effects of an 8-Week Mobile App-Based Corrective Exercise Program and Evaluation of the Retention of Its Benefits During a 4-Week Follow-Up Period Without Ongoing Training.
Design	This study is an open-label, randomized, parallel-group clinical trial conducted on 36 eligible university students. Random allocation will be performed using the RAND function in Microsoft Excel.
Settings and conduct	At Ferdowsi University's corrective exercise center, 36 volunteer students will be randomly selected based on inclusion and exclusion criteria and divided into three groups: two experimental groups and one control group, each with 12 participants. The intervention will include an 8-week corrective exercise program via a custom mobile app, followed by a 4-week follow-up. During the follow-up, experimental group 1 will receive digital posture reminders, while group 2 will not.



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General information

Reason for update	
Acronym	
IRCT registration information	IRCT registration number: IRCT20110803007211N7 Registration date: 2026-04-27, 1405/02/07 Registration timing: prospective Last update: 2026-04-27, 1405/02/07 Update count: 0
Registration date	2026-04-27, 1405/02/07
Registrant information	Name Name of organization / entity Country Phone Email address Iran (Islamic Republic of) 05714413512 mseyedahmadi@gmail.com
Recruitment status	recruiting
Funding source	
Expected recruitment start date	2026-05-16, 1405/02/26
Expected recruitment end date	2026-08-17, 1405/05/26
Actual recruitment start date	empty
Actual recruitment end date	empty
Trial completion date	empty
Scientific title	Effectiveness of an 8-Week Mobile App-Based Corrective Exercise Program on Neck and Shoulder Alignment in Male University Students: A Follow-Up Study on Retention of Improvements
Public title	The effectiveness of an 8-week corrective exercise program based on a mobile application on neck and shoulder alignment in male students
Purpose	Supportive

