

Effect of Health
Promotion on
Allergic Rhinitis by
Infrared-C Ray
Irradiation

Protocol ID: B10304016

Created Date: 6th August 2018

Participants:

experimental group: 51 persons; control group: 51 persons

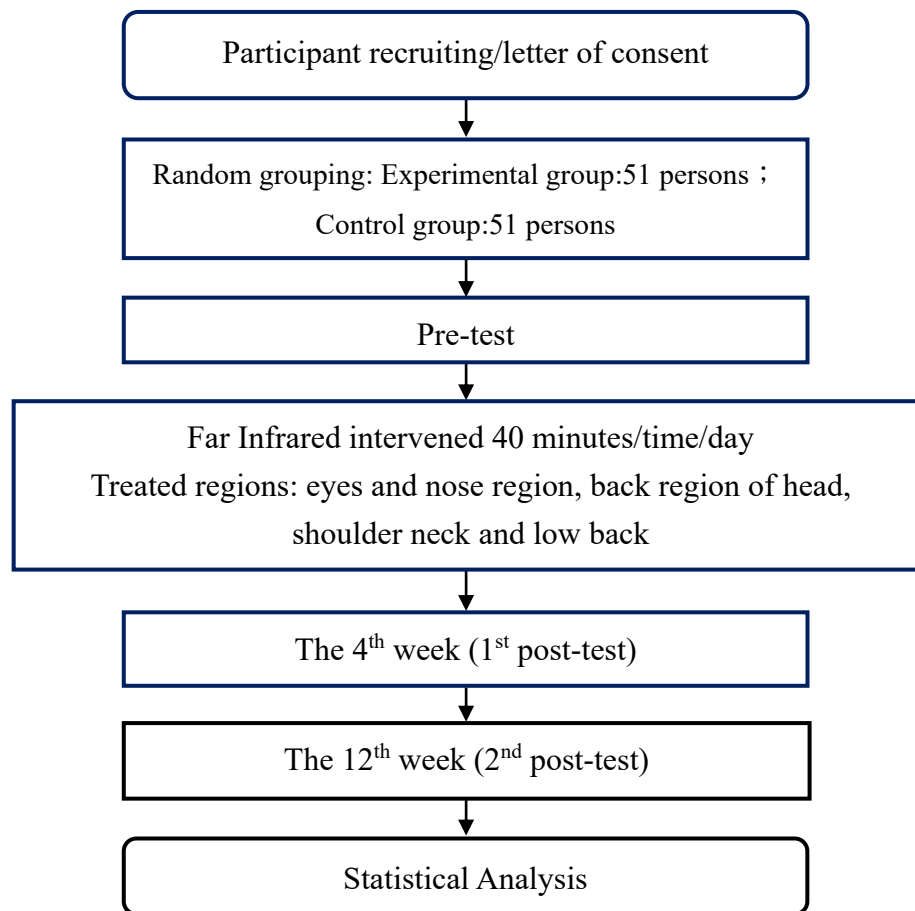
Inclusion criteria:

- a. Adults that age 20 above and 50 below
- b. Clinical diagnosis confirmed as allergic rhinitis
- c. Conscious, no mental or cognitive impairment
- d. Able to read, write or communicate in Mandarin, Taiwanese or Hakka, and agreed to participate

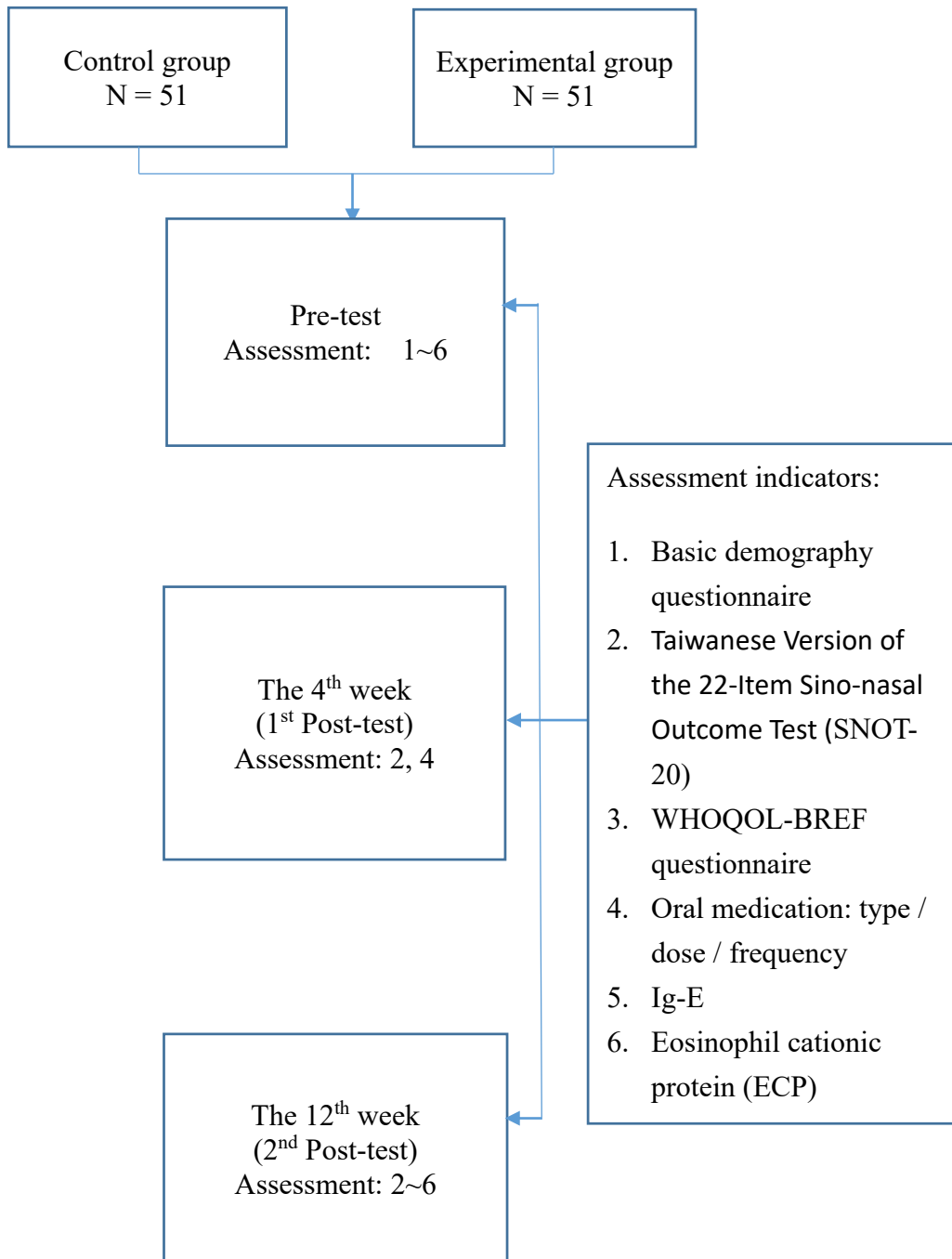
Exclude criteria:

- a. Inflammatory skin wounds on the back of the shoulder, neck or lower back
- b. Polyposis
- c. Acute and chronic sinusitis
- d. Vasomotor rhinitis

Experiment procedure:



Experimental scheme:



Assessment Scale:

1. Basic demography questionnaire
2. Taiwanese Version of the 22-Item Sino-nasal Outcome Test (SNOT-20)
3. WHOQOL-BREF questionnaire (Allergic rhinitis questionnaire scale based on Taiwan's concise version of the World Health Organization Quality of Life Questionnaire)
4. Oral medication: type / dose / frequency /statistic in between

Examine:

5. Ig-E blood examination (pre- and post-test)
6. Eosinophil cationic protein (pre- and post-test)

Method of Statistic:

1. SPSS 18.0
2. The subjects were randomly grouped into experimental group and control group.
3. re-test was carried out before the experiment, 1st post-test was carried out at the 4th week and 2nd post-test was carried out at the 12th week. The data of the Pre- and post-test at the 4th & 12th week for both groups were statistically analyzed.
4. Independent t -test or chi-square test was carried out before the test for participant's basic information in both groups to examine the difference between the two groups.
5. Descriptive statistical analysis.
6. The data of pre- and post-test for two groups were compared by single-factor or two-factor analysis of variance (ANOVA).