

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

**Protocol ID: B10304016**

**Created Date: 6<sup>th</sup> August 2018**

**Participants:**

experimental group: 51 persons; control group: 51 persons

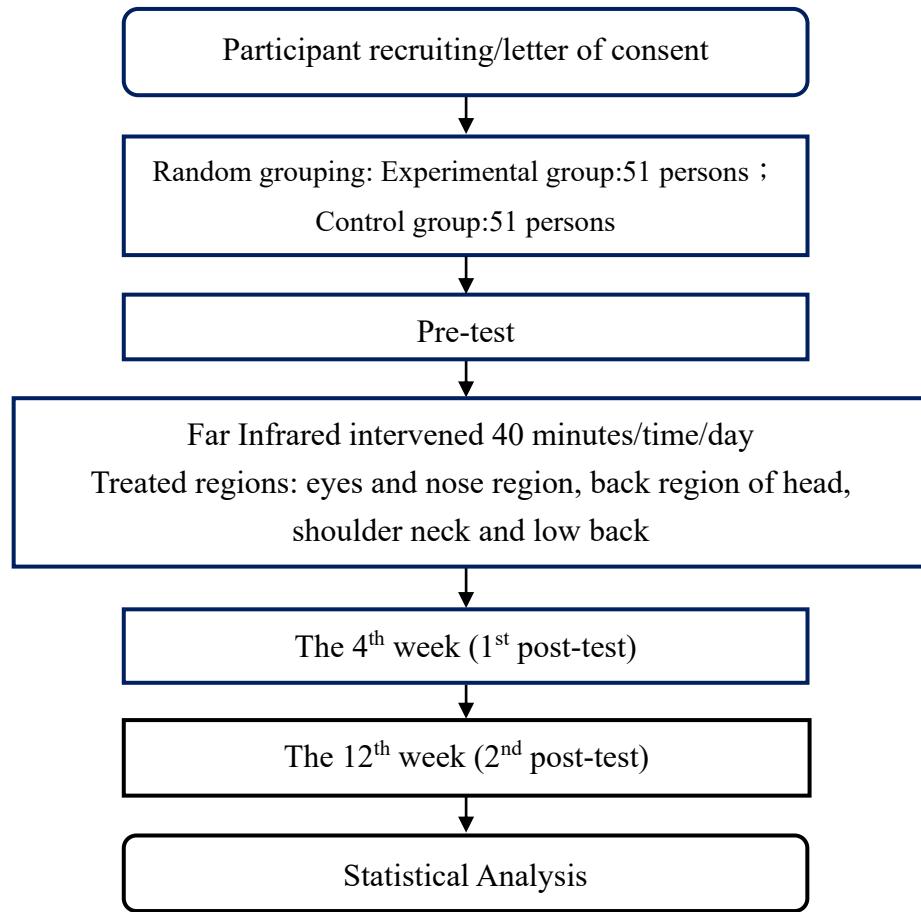
**Inclusion criteria:**

- 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

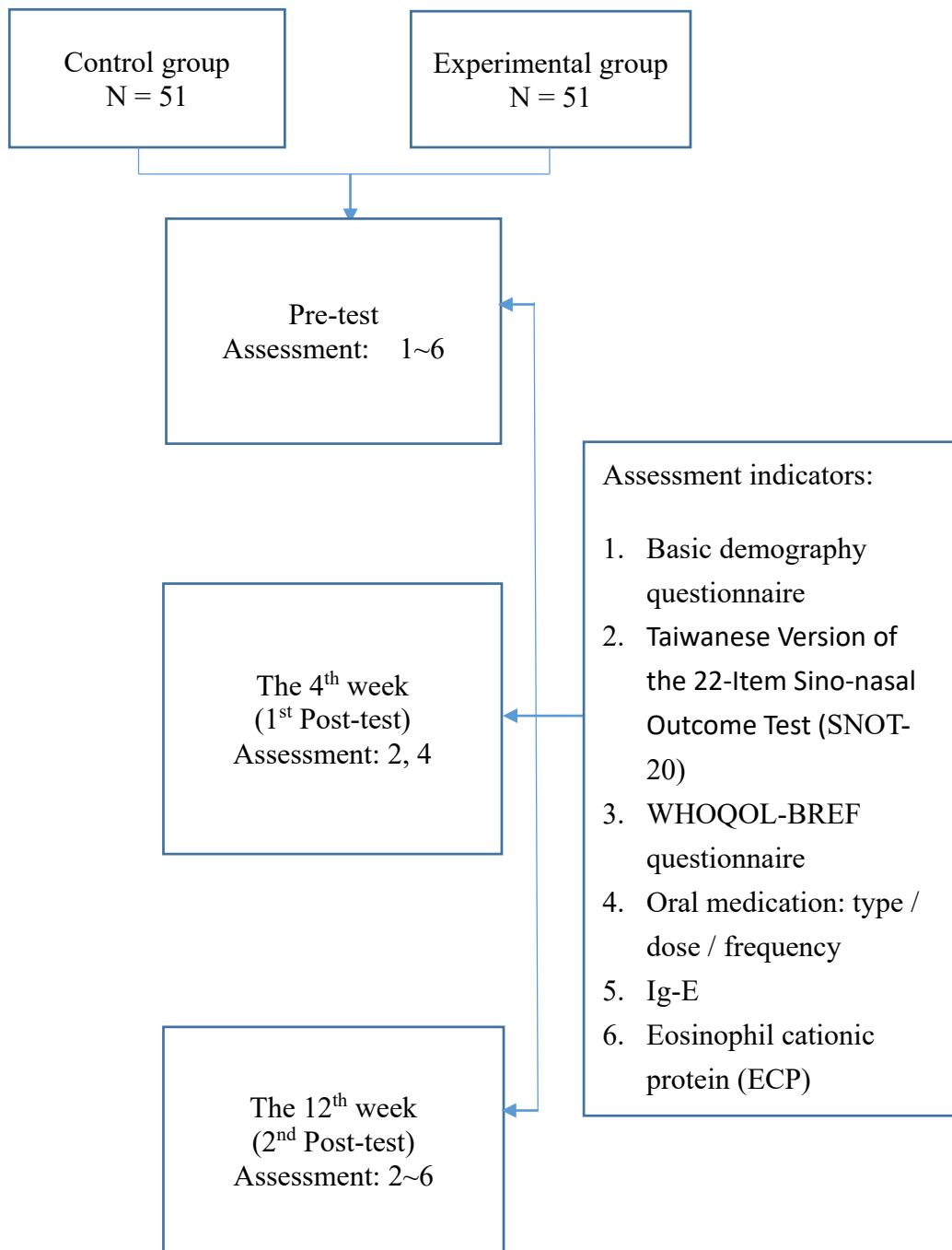
**Exclude criteria:**

- 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, 1<sup>st</sup> post-test was carried out at the 4<sup>th</sup> week and 2<sup>nd</sup> post-test was carried out at the 12<sup>th</sup> week. The data of the Pre- and post-test at the 4<sup>th</sup> & 12<sup>th</sup> 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).