

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

26 Jun 2026

### Effect of endurance training on adipokines leptin and chemerin in inactive lean men

#### Protocol summary

##### Summary

The purpose of present study is to investigate the effect of endurance training on adipokines leptin and chemerin in inactive lean men. To do this, twenty inactive (without experience of regular physical activity in one year before beginning of the study) lean (body mass index less than 18.5 kilogram/meter squared) men from cities Boukan and Saghez randomly are placed at two groups: endurance training and control. General characteristics of subjects and serum concentration of leptin and chemerin are evaluated before and after the training. Endurance training protocol is consisted of twelve weeks pedaling on cycle ergometer (3 sessions per week, intensity 60-70% of reserved heart rate, duration of each session 20-40 min).

#### General information

##### Acronym

##### IRCT registration information

IRCT registration number: **IRCT2014090410158N4**

Registration date: **2014-10-04, 1393/07/12**

Registration timing: **retrospective**

Last update:

Update count: **0**

##### Registration date

2014-10-04, 1393/07/12

##### Registrant information

###### Name

Fatah Moradi

###### Name of organization / entity

Islamic Azad University of Saghez

###### Country

Iran (Islamic Republic of)

###### Phone

+98 87 3630 5049

##### Email address

moradi\_fatah@iausaghez.ac.ir

##### Recruitment status

**Recruitment complete**

##### Funding source

Islamic Azad University of Saghez

##### Expected recruitment start date

2009-12-22, 1388/10/01

##### Expected recruitment end date

2010-04-21, 1389/02/01

##### Actual recruitment start date

empty

##### Actual recruitment end date

empty

##### Trial completion date

empty

##### Scientific title

Effect of endurance training on adipokines leptin and chemerin in inactive lean men

##### Public title

Effect of endurance training in lean men

##### Purpose

Prevention

##### Inclusion/Exclusion criteria

Inclusion criteria: Male; lean (body mass index less than 18.5 kilogram/meter squared); 18-30 year; without experience of regular physical activity in one year before beginning of the study; Exclusion criteria: history of cardiovascular diseases; diabetes; thyroid diseases; drug consumption; being under any diet or medication; addiction to any narcotic substances; smoking; alcoholism; caffeine.

##### Age

From **18 years** old to **38 years** old

##### Gender

Male

##### Phase

N/A

### Groups that have been masked

No information

### Sample size

Target sample size: 20

### Randomization (investigator's opinion)

Randomized

### Randomization description

### Blinding (investigator's opinion)

Not blinded

### Blinding description

### Placebo

Not used

### Assignment

Parallel

### Other design features

## Secondary ids

empty

## Ethics committees

### 1

#### Ethics committee

##### Name of ethics committee

Islamic Azad University of Saghez (Ethical Committee)

##### Street address

Islamic Azad University of Saghez

##### City

Saghez

##### Postal code

#### Approval date

2013-07-24, 1392/05/02

#### Ethics committee reference number

11-16-1-4747

## Health conditions studied

### 1

#### Description of health condition studied

Lean

#### ICD-10 code

E-90

#### ICD-10 code description

Nutritional and metabolic disorders in diseases classified elsewhere

## Primary outcomes

### 1

#### Description

Body weight

#### Timepoint

Before and after the endurance training

#### Method of measurement

Digital weighing machine

## Secondary outcomes

### 1

#### Description

serum concentration of leptin

#### Timepoint

Before and after the endurance training

#### Method of measurement

Determination of serum concentration

### 2

#### Description

serum concentration of chemerin

#### Timepoint

Before and after the endurance training

#### Method of measurement

Determination of serum concentration

## Intervention groups

### 1

#### Description

Endurance training protocol consisted of twelve weeks pedaling on cycle ergometer in endurance training group

#### Category

Other

### 2

#### Description

Continuing daily living without doing regular physical activity in control group

#### Category

Other

## Recruitment centers

### 1

#### Recruitment center

##### Name of recruitment center

Islamic Azad University of Saghez

##### Full name of responsible person

##### Street address

##### City

Saghez

### 2

#### Recruitment center

##### Name of recruitment center

Islamic Azad University of Boukan

##### Full name of responsible person

##### Street address

##### City

Boukan

## Sponsors / Funding sources

1

### Sponsor

**Name of organization / entity**

Islamic Azad University of Saghez

**Full name of responsible person**

Dr. M. Salar Tarkhami

**Street address**

Islamic Azad University of Saghez

**City**

Saghez

**Grant name**

**Grant code / Reference number**

**Is the source of funding the same sponsor organization/entity?**

Yes

**Title of funding source**

Islamic Azad University of Saghez

**Proportion provided by this source**

100

**Public or private sector**

*empty*

**Domestic or foreign origin**

*empty*

**Category of foreign source of funding**

*empty*

**Country of origin**

**Type of organization providing the funding**

*empty*

## Person responsible for general inquiries

### Contact

**Name of organization / entity**

Islamic Azad University of Saghez

**Full name of responsible person**

Soran Heydari

**Position**

Manager of physical education and sport sciences department

**Other areas of specialty/work**

**Street address**

Islamic Azad University of Saghez

**City**

Saghez

**Postal code**

**Phone**

+98 918 874 9691

**Fax**

**Email**

soranheidari@gmail.com

**Web page address**

## Person responsible for scientific inquiries

### Contact

**Name of organization / entity**

Islamic Azad University of Saghez

**Full name of responsible person**

Dr. Fatah Moradi

**Position**

Ph. D of Exercise Physiology

**Other areas of specialty/work**

**Street address**

Islamic Azad University of Saghez

**City**

Saghez

**Postal code**

**Phone**

+98 914 482 3733

**Fax**

**Email**

moradi\_fatah@yahoo.com

**Web page address**

## Person responsible for updating data

### Contact

**Name of organization / entity**

**Full name of responsible person**

Dr. Fatah Moradi

**Position**

**Other areas of specialty/work**

**Street address**

**City**

**Postal code**

**Phone**

+98 914 482 3733

**Fax**

**Email**

**Web page address**

## Sharing plan

### Deidentified Individual Participant Data Set (IPD)

*empty*

### Study Protocol

*empty*

### Statistical Analysis Plan

*empty*

### Informed Consent Form

*empty*

### Clinical Study Report

*empty*

### Analytic Code

*empty*

### Data Dictionary

*empty*