Clinical Trial Protocol
Iranian Registry of Clinical Trials

16 Sep 2026

Effect of 12 Weeks Aerobic Exercises Interval Running on Treatment of Attention Deficit-Hyperactivity Disorder in Children.

Protocol summary

Summary

The aim of this semi experimental study was to evaluate the effect of aerobic exercise on Treatment girl students suffering from Attention Deficit-Hyperactivity Disorder (ADHD). 120 girl students suffering from such disorder participated in this study. 30 of the subjects with average age range of (10.41±1.43) who had the highest ADHD disorder were purposefully selected as samples and were randomly divided into two equally groups of experimental and control (n=15). The inclusion criteria were the age range of 7-12 as well as the psychiatrist's diagnosis of ADHD whereas the exclusion criterion were every physical, sensational, dynamic disorders as well as using medication related to them . To be assure of the existence of such disorder, an Child symptom inventory-4 (CSI-4) based on Diagnostic and Statistical Manual of Mental Disorders (DSM-IV) was used. The experimental group received 12 weeks of one hour aerobic exercise 3 sessions per week.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2013072610493N3**
Registration date: **2013-08-15, 1392/05/24**
Registration timing: **retrospective**

Last update:
Update count: **0**

Registration date

2013-08-15, 1392/05/24

Registrant information

Name

Mohammad Ebrahim Bahram

Name of organization / entity

Isfahan University

Country

Iran (Islamic Republic of)

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Recruitment status

Recruitment complete

Funding source

Vice-Chancellor For Research -Isfahan University.

Expected recruitment start date

2012-05-09, 1391/02/20

Expected recruitment end date

2012-08-10, 1391/05/20

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Effect of 12 Weeks Aerobic Exercises Interval Running on Treatment of Attention Deficit-Hyperactivity Disorder in Children.

Public title

The effect of aerobic exercise on Attention Deficitand and Hyperactivity Disorder.

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria: 1. The psychiatrist's diagnosis of hyperactivity disorder and attention deficit (ADHD). 2. The age range of 7-12 3. The existence of at least 6 symptoms of Diagnostic and Statistical Manual of Mental Disorders (DSM-IV). Exclusion criteria: 1. Children with every physical, sensational, dynamic, and psychic disorder. 2. Suffering from a chronic disease. 3. Mental retardation, a history of seizures. 4. Use of related

medication. 5. Parent's Disagreement.

Age

From **7 years** old to **12 years** old

Gender

Female

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **30**

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

Ethics Committee of Isfahan University, Department of Physical Education

Street address

Department of Physical Education of Isfahan University, Isfahan.

City

Isfahan

Postal code

8174673441

Approval date

2012-05-04, 1391/02/15

Ethics committee reference number

231

Health conditions studied

1

Description of health condition studied

Attention deficit and Hyperactivity disorders.

ICD-10 code

F90

ICD-10 code description

Hyperkinetic disorders

Primary outcomes

1

Description

Hyperactivity disorder.

Timepoint

Before and after 12 week aerobic exercise Interval running

Method of measurement

Child symptom inventory-4 (CSI-4)

Secondary outcomes

1

Description

Attention deficit

Timepoint

Before and after 12 week aerobic exercise Interval running

Method of measurement

Child symptom inventory-4 (CSI-4)

Intervention groups

1

Description

Experimental group: Aerobic exercise running for 30 to 45 minutes in 12 weeks, 3 sessions a week. Each session lasting one hour.

Category

Treatment - Other

2

Description

Control group: Did not receive any training.

Category

N/A

Recruitment centers

1

Recruitment center

Name of recruitment center

Isfahan University

Full name of responsible person

Mohammad Ebrahim Bahram

Street address

Department of Physical Education of Isfahan University, Isfahan.

City

Isfahan

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Vice-Chancellor For Research -Isfahan University.

Full name of responsible person
Mohammad Ebrahim Bahram
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Department of Physical Education of Isfahan University, Isfahan.
City
Isfahan

Grant name
ندارد

Grant code / Reference number
Not have

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

Title of funding source
Vice-Chancellor For Research -Isfahan University.

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

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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