

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

19 Jun 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)

##### Phone

+98 36 2334 3133

##### Email address

m.bahram@spr.ui.ac.ir

##### 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

**Street address**

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****Name of organization / entity**

Isfahan University

**Full name of responsible person**

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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*