

Clinical Trial Protocol

Iranian Registry of Clinical Trials

18 Sep 2026

Evaluation the effect of physiotherapy and cardiac rehabilitation on serum and salivary level of interleukin 6, lipid profile and anthropometric measures of obesity in patients with coronary artery disease

Protocol summary

Summary

The objective of this study is to evaluate the effect of an exercise based cardiac rehabilitation program on serum and salivary concentrations of IL-6, in relation to the anthropometric measures of obesity and lipid profile. Sixty non diabetic volunteers with coronary artery disease participate in 6-8 weeks of moderate intensity aerobic exercise training consisting of 45 min sessions of treadmill, stationary bicycle and arm ergometer. Anthropometric measures of obesity (body mass index, waist circumference, hip circumference, waist to hip ratio and waist to height ratio), levels of IL-6 concentration in the serum, stimulated and non stimulated saliva will be measured at the beginning, in the middle and at the end of exercise sessions.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT201207121662N1**

Registration date: **2012-11-06, 1391/08/16**

Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2012-11-06, 1391/08/16

Registrant information

Name

Behrouz Attarbashi Moghadam

Name of organization / entity

Tehran University of Medical Sciences

Country

Iran (Islamic Republic of)

Phone

+98 21 2226 9609

Email address

attarbashi@tums.ac.ir

Recruitment status

Recruitment complete

Funding source

Tehran University of Medical Sciences

Expected recruitment start date

2012-03-19, 1390/12/29

Expected recruitment end date

2012-03-19, 1390/12/29

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Evaluation the effect of physiotherapy and cardiac rehabilitation on serum and salivary level of interleukin 6, lipid profile and anthropometric measures of obesity in patients with coronary artery disease

Public title

The effect of physiotherapy and cardiac rehabilitation in lipid profile and anthropomorphic measurements of obesity

Purpose

Basic science

Inclusion/Exclusion criteria

Inclusion criteria: low risk cardiac patients; intermediate risk cardiac patients Exclusion criteria: high risk patients; patient disagreement to continue the project

Age

From **40 years** old to **70 years** old

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: 60

Randomization (investigator's opinion)

Not randomized

Randomization description

Blinding (investigator's opinion)

Single blinded

Blinding description

Placebo

Not used

Assignment

Single

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Tehran University of Medical Sciences

Street address

Keshavarz Blv.-Ghods Ave.

City

Tehran

Postal code

Approval date

2012-09-25, 1391/07/04

Ethics committee reference number

65516-16954-32-02-91

Health conditions studied

1

Description of health condition studied

Chronic ischaemic heart disease

ICD-10 code

I25.0

ICD-10 code description

Atherosclerotic cardiovascular disease, so described

2

Description of health condition studied

Chronic ischaemic heart disease

ICD-10 code

I25.1

ICD-10 code description

Atherosclerotic heart disease

Primary outcomes

1

Description

Salivary IL-6

Timepoint

first session-12th session- after 24th session

Method of measurement

elisa method

2

Description

Serum IL-6

Timepoint

first session- after 24th session

Method of measurement

elisa method

3

Description

anthropometric index

Timepoint

first session-12th session- after 24th session

Method of measurement

Kg, meter, nonelastic meter

4

Description

lipid profile

Timepoint

first session- after 24th session

Method of measurement

elisa method

Secondary outcomes

empty

Intervention groups

1

Description

Cardiac rehabilitation

Category

Rehabilitation

Recruitment centers

1

Recruitment center

Name of recruitment center

Tehran Heart Center

Full name of responsible person

Mostafa Nejatian

Street address

Near Shariati Hospital, North Kargar street

City

Tehran

2

Recruitment center

Name of recruitment center

AJA University of Medical Sciences

Full name of responsible person

Iraj Mirzaei-Dizgah

Street address

Nasr bridge, Chamran Highway

City

Tehran

Sponsors / Funding sources

1

Sponsor**Name of organization / entity**

Tehran University of Medical Sciences

Full name of responsible person

Dr. M Yunesian

Street address

Tehran University of Medical Sciences, Vice dean for research, Ghods Ave., Keshavarz Blv.

City

Tehran

Grant name**Grant code / Reference number****Is the source of funding the same sponsor organization/entity?**

Yes

Title of funding source

Tehran University of Medical Sciences

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**

Tehra University of Medical Sciences

Full name of responsible person

Behrouz Attarbashi Moghadam

Position

Ph.D.

Other areas of specialty/work**Street address**

School of Rehabilitation, Nezam street, Shah nazary street, Mirdamad Ave.

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Person responsible for scientific inquiries

Contact**Name of organization / entity**

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Full name of responsible person

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Position

Ph.D.

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Web page address

Person responsible for updating data

Contact**Name of organization / entity**

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Full name of responsible person

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Position

Assistant Professor

Other areas of specialty/work**Street address**

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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