

Clinical Trial Protocol

Iranian Registry of Clinical Trials

18 Sep 2026

Effect of 8 weeks aerobic training on serum resistin levels in trained young Females

Protocol summary

Summary

Resistin is an adipocyte-derived hormone, which plays a key role in energy homeostasis and metabolism regulation. The aim of this study was to assess the effects of regular aerobic training on serum resistin levels in trained young females. Twenty females were randomly divided into the control and the experimental groups. The experimental group performed aerobic training for 8 weeks, 4 sessions in a week, and with the intensity of 70-80 % of maximum heart rate. BMI, fat percentage, and serum resistin levels were measured before and after the 8 weeks of training period. Serum resistin levels were measured by Sandwich Elisa Method.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2012121511528N1**

Registration date: **2013-01-05, 1391/10/16**

Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2013-01-05, 1391/10/16

Registrant information

Name

Samira Gholamian

Name of organization / entity

Ferdowsi University of Mashhad

Country

Iran (Islamic Republic of)

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Recruitment status

Recruitment complete

Funding source

Ferdowsi University of Mashhad, Faculty of Physical Education and Sport Sciences

Expected recruitment start date

2011-10-15, 1390/07/23

Expected recruitment end date

2011-11-14, 1390/08/23

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Effect of 8 weeks aerobic training on serum resistin levels in trained young Females

Public title

Effect of aerobic training on serum resistin levels

Purpose

Prevention

Inclusion/Exclusion criteria

Inclusion Criteria: 4 years of training; Being healthy; The absence of any disease of the immune system; Vascular crucial risk and infection in the past month; Such as influenza; to colds; Respiratory infections Hungarian; or symptoms such as fever; Sore throat; Runny nose; cough and other Infectious diseases. Exclusion criteria: having permanent injury which affect training quality; Disease and Viral infection during the plan period.

Age

From **19 years** old to **24 years** old

Gender

Female

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

Vice chancellor for research, Ferdowsi university of Mashhad

Street address

Ferdowsi University, Azadi square, Mashhad

City

Mashhad

Postal code

Approval date

2011-09-17, 1390/06/26

Ethics committee reference number

19105

Health conditions studied

1

Description of health condition studied

Athletes

ICD-10 code

Z10.3

ICD-10 code description

Routine general health check-up of sports teams

Primary outcomes

1

Description

resistin

Timepoint

Before, after Effect of Eight-week Aerobic Exercise.

Method of measurement

Serum resistin levels were measured by Sandwich Elisa Method

Secondary outcomes

1

Description

fat percent

Timepoint

Before, after Effect of Eight-week Aerobic Exercise.

Method of measurement

caliper

2

Description

body mass index

Timepoint

Before and after Effect of Eight-week Aerobic Exercise.

Method of measurement

weight/ (height)*(height)

Intervention groups

1

Description

The experimental group performed aerobic training for 8 weeks, 4 sessions in a week, and with the intensity of 70-80 % of maximum heart rate

Category

Other

Recruitment centers

1

Recruitment center

Name of recruitment center

Ferdowsi University of Mashhad

Full name of responsible person

Street address

City

Mashhad

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Vice chancellor for research, Ferdowsi university

Full name of responsible person

Amir Rashidlamir

Street address

Physical Education and Sport Sciences Faculty,
Ferdowsi University, Azadi square, Mashhad

City

Mashhad

Grant name

Grant code / Reference number

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

Yes

Title of funding source

Vice chancellor for research, Ferdowsi 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**

Physical Education and Sport Sciences Faculty,
Ferdowsi University

Full name of responsible person

Amir Rashidlamir

Position

Assistant professor

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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