Clinical Trial Protocol
Iranian Registry of Clinical Trials

16 Sep 2026

The effect of 8 weeks of resistance training on blood coagulation, fibrinolytic factors and lipid profile in elderly men

Protocol summary

Summary

The aim of this study is to determine the changes in on blood coagulation, fibrinolytic factors and lipid profile after 8 weeks of Resistance training in elderly men. 16 elderly men (40-60 years) referred to razi clinic in ghaemshahr voluntary participated in this study. Inclusion criteria were Not Having a history chronic disease. The participants were randomly divided into control (N=8) and experimental (N=8) groups. The experimental group received Resistance training for 8 weeks, 3 sessions per week, 40 to 60 minutes each session. The control group did not participate in any physical activity and continued their daily activities. Before and 48 hours after the last training session, the participants' blood samples were taken to determine cholesterol, triglyceride, high-density lipoprotein (HDL), low density lipoprotein (LDL) and fibrinogen.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2013060911772N2**
Registration date: **2013-07-09, 1392/04/18**
Registration timing: **retrospective**

Last update:
Update count: **0**

Registration date

2013-07-09, 1392/04/18

Registrant information

Name

Hassan Amouzad Mahdirejei

Name of organization / entity

Islamic Azad University-Sari branch

Country

Iran (Islamic Republic of)

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+98 911 356 1385

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Recruitment status

Recruitment complete

Funding source

Vice chancellor for research, Islamic Azad University Sari Branch

Expected recruitment start date

2013-04-22, 1392/02/02

Expected recruitment end date

2013-04-30, 1392/02/10

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effect of 8 weeks of resistance training on blood coagulation, fibrinolytic factors and lipid profile in elderly men

Public title

Effects of resistance training on fibrinogen levels in elderly men

Purpose

Prevention

Inclusion/Exclusion criteria

Inclusion Criteria: Healthy elderly men with no previous record of any specific drug use and routine regular exercises during the last two years. Exclusion: Unhealthy, Doing regular exercise during the last two years.

Age

From **40 years** old to **60 years** old

Gender

Male

Phase
N/A
Groups that have been masked
No information
Sample size
Target sample size: **16**
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 Sari Branch
Street address
7 km sea Road Sari, Mazandaran Province
City
sari
Postal code
Approval date
2011-12-22, 1390/10/01
Ethics committee reference number
11721

Health conditions studied

1

Description of health condition studied
cardiovascular risk factor and inflammatory markers
ICD-10 code
I70
ICD-10 code description
Atherosclerosis

Primary outcomes

1

Description
Lipid profile including LDL, HDL, Cholesterol, Triglyceride
Timepoint
Before and 48 hr after intervention
Method of measurement
Enzymatic Colorimetric Method using Pars Azmoon kits

2

Description
plasma fibrinogen
Timepoint
Before and 48 hr after intervention
Method of measurement
Enzymatic Colorimetric Method

Secondary outcomes

1

Description
Body Mass Index
Timepoint
Before and 24 hr after intervention
Method of measurement
bybody composition analyzer (Biospase CO, Ltd)

Intervention groups

1

Description
Intervention1:Participating in 8 weeks resistance exercise training, 3 times a week, 40 to 60 minutes each session
Category
Other

2

Description
Intervention2: Participating in daily activities
Category
Other

Recruitment centers

1

Recruitment center
Name of recruitment center
Razi Clinic in Ghaemshahr Voluntary
Full name of responsible person
Street address
City
Ghaemshahr

Sponsors / Funding sources

1

Sponsor
Name of organization / entity
Vice Chancellor for Research, University of Islamic Azad Sari Branchi
Full name of responsible person
Mohsen Rabbani
Street address
7 km sea Road Sari, Mazandaran Province

City
Sari
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, University of Islamic Azad Sari Branchi
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 Sari Branch
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Position
Master of Science in Exercise Physiology
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Person responsible for updating data

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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