

Clinical Trial Protocol

Iranian Registry of Clinical Trials

18 Jun 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)

Phone

+98 911 356 1385

Email address

hassanamouzad@yahoo.com

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

Full name of responsible person
Hassan Amouzad Mahdirajei

Position
Master of Science in Exercise Physiology

Other areas of specialty/work
Street address
7 km sea Road Sari, Mazandaran Province

City
Sari

Postal code
Phone
+98 15 2663 3253

Fax
Email
hassanamouzad@yahoo.com

Web page address

Person responsible for scientific inquiries

Contact

Name of organization / entity
Islamic Azad University Sari Branch

Full name of responsible person
Hassan Amouzad Mahdirajei

Position
Master of Science in Exercise Physiology

Other areas of specialty/work
Street address
7 km sea Road Sari, Mazandaran Province

City
Sari

Postal code
Phone
+98 15 2663 3253

Fax
Email
hassanamouzad@yahoo.com

Web page address

Person responsible for updating data

Contact

Name of organization / entity
Islamic Azad University Sari Branch

Full name of responsible person
Hassan Amouzad Mahdirajei

Position
Master of Science in Exercise Physiology

Other areas of specialty/work
Street address
7 km sea Road Sari, Mazandaran Province

City
Sari

Postal code
Phone
+98 15 2663 3253

Fax
Email
hassanamouzad@yahoo.com

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