Clinical Trial Protocol
Iranian Registry of Clinical Trials

18 Sep 2026

The Effect Of Four Weeks Of Endurance Training On Paraoxonase-1 And Some Markers Of Lipi In Non-Athlete Obese Men

Protocol summary

Summary

The aim of this study is to determine the changes of Paraoxonase-1 and Some Markers Of Lipids after 4 weeks aerobic training in obese men. 16 adult obese men (32-47years) referred to razi clinic in behshar 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 earobic training for 4 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 Paraoxonase-1 and lipid profies levels.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2013100211772N4**
Registration date: **2013-10-11, 1392/07/19**
Registration timing: **retrospective**

Last update:
Update count: **0**

Registration date

2013-10-11, 1392/07/19

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, University of Islamic Azad Sari Branchi

Expected recruitment start date

2013-08-23, 1392/06/01

Expected recruitment end date

2013-09-23, 1392/07/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The Effect Of Four Weeks Of Endurance Training On Paraoxonase-1 And Some Markers Of Lipi In Non-Athlete Obese Men

Public title

The effect of 4 weeks of aerobic training on Paraoxonase-1

Purpose

Prevention

Inclusion/Exclusion criteria

Inclusion Criteria: Healthy adult 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 **32 years** old to **47 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
2013-07-23, 1392/05/01
Ethics committee reference number
11810

Health conditions studied

1

Description of health condition studied
cardiovascular risk factor and inflammatory markers
ICD-10 code
I51, I23
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
Paraoxonase-1
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 4 weeks aerobic 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 behshar Voluntary
Full name of responsible person
Street address
City
behshahr

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

taleb Amouzad Mahdirajei

Position

Master of Science in Exercise Physiology

Other areas of specialty/work

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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