

Clinical Trial Protocol

Iranian Registry of Clinical Trials

10 Jun 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
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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