

Clinical Trial Protocol

Iranian Registry of Clinical Trials

08 Jun 2026

Effect of Caffeine on Blood Pressure During Resistance exercise in non-athletes male

Protocol summary

Summary

The purpose of this study was to assess the effect of caffeine on blood pressure in non-athlete male during resistance exercise. twenty male healthy and non-athlete randomly selected and stratified according to age and BMI into two groups caffeine and placebo. The subjects performed repetitions to exhaustion at 60% of 1RM for any motion of chest press, leg press, squat and lat pulldown, 1 hour after taking caffeine (6 mg/kg body weight) or Placebo (starch). Blood pressure (BP) was measured before and 1 hour after taking caffeine and immediately after any exercise. Primeval measurement indicated that systolic and diastolic BP and mean arterial pressure elevated following caffeine intake at rest.

General information

Acronym

not have

IRCT registration information

IRCT registration number: **IRCT2013012312253N1**

Registration date: **2013-03-09, 1391/12/19**

Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2013-03-09, 1391/12/19

Registrant information

Name

Mohsen Yaghoubi

Name of organization / entity

Shazand Branch of Islamic Azad University.

Country

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Recruitment status

Recruitment complete

Funding source

University of Mohaghegh Ardabili

Expected recruitment start date

2009-09-09, 1388/06/18

Expected recruitment end date

2010-08-12, 1389/05/21

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Effect of Caffeine on Blood Pressure During Resistance exercise in non-athletes male

Public title

Effect of Caffeine on Blood Pressure During Resistance exercise in non-athletes male

Purpose

Other

Inclusion/Exclusion criteria

Inclusion criteria: lack of physical activity Exclusion criteria: smoking, illness, high blood pressure, the amount of caffeine above 300 mg per day

Age

From **18 years** old to **22 years** old

Gender

Male

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)

Single blinded

Blinding description

Placebo

Used

Assignment

Parallel

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

University of Mohaghegh Ardabili and Ardabil
University of Medical Sciences

Street address

university of Mohaghegh Ardabili, Ardabil

City

Ardabil

Postal code

5619911367

Approval date

2009-09-09, 1388/06/18

Ethics committee reference number

9/84/960

Health conditions studied

1

Description of health condition studied

Blood Pressure

ICD-10 code

Z01.3

ICD-10 code description

Examination of blood pressure

Primary outcomes

1

Description

blood pressure in non-athlete male

Timepoint

before- 1 hour after taking caffeine- immediately after
any exercise

Method of measurement

Using a mercury sphygmomanometer in millimeters of
mercury

Secondary outcomes

1

Description

Resistance exercise

Timepoint

1 hour after taking caffeine

Method of measurement

repetitions to exhaustion at 60% of 1RM for any motion
of chest press, leg press, squat and lat pulldown

Intervention groups

1

Description

Intervention: caffeine (6 mg /kg body weight), Capsules
were taken as, The subjects performed repetitions to
exhaustion at 60% of 1RM for any motion of chest press,
leg press, squat and lat pulldown, 1 hour after taking
caffeine.

Category

Other

2

Description

Control: Plasibo (Starch, 6 mg /kg body weight), Capsules
were taken as, The subjects performed repetitions to
exhaustion at 60% of 1RM for any motion of chest press,
leg press, squat and lat pulldown, 1 hour after taking
plasibo.

Category

Other

Recruitment centers

1

Recruitment center

Name of recruitment center

University of Mohaghegh Ardabili

Full name of responsible person

Bolboli lotfali (PHD)

Street address

City

Ardabili

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

University of Mohaghegh Ardabili

Full name of responsible person

Bolboli Lotfali

Street address

University of Mohaghegh Ardabili, Ardabil.

City

Ardabil

Grant name

Grant code / Reference number

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

Yes

Title of funding source

University of Mohaghegh Ardabili

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

University of Mohaghegh Ardabili

Full name of responsible person

Bolboli lotfali

Position

Supervisor

Other areas of specialty/work

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Person responsible for scientific inquiries

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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