

# 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

Iran (Islamic Republic of)

###### Phone

+98 86 2422 9236

##### Email address

m.yaghobi@iaushazand.ac.ir

##### 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**

**Street address**

University of Mohaghegh Ardabili, Ardabil

**City**

Ardabil

**Postal code**

**Phone**

+98 45 1551 6815

**Fax**

**Email**

sbolboli@yahoo.com

**Web page address**

**Person responsible for scientific inquiries**

**Contact**

**Name of organization / entity**

Shazand Branch of Islamic Azad University

**Full name of responsible person**

Mohsen Yaghoubi

**Position**

MSc

**Other areas of specialty/work**

**Street address**

Shazand Branch of Islamic Azad University, Shazand, Arak.

**City**

Shazand

**Postal code**

**Phone**

+98 86 2563 3813

**Fax**

**Email**

mohsen.yaqoubi@gmail.com

**Web page address**

**Person responsible for updating data**

**Contact**

**Name of organization / entity**

Shazand Branch of Islamic Azad University

**Full name of responsible person**

Mohsen Yaghoubi

**Position**

MSc

**Other areas of specialty/work**

**Street address**

Shazand Branch of Islamic Azad University, shazand

**City**

shazand

**Postal code**

**Phone**

+98 86 2422 9236

**Fax**

**Email**

mohsen.yaqoubi@gmail.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*