

Clinical Trial Protocol

Iranian Registry of Clinical Trials

14 Jul 2026

The comparison of selected aerobic exercise program effects with no practice on quality of life in children with cancer

Protocol summary

Summary

In this study, The effect of Aerobic exercise program on quality of life in children with cancer will be studied. 20 children with cancer, aged 8 to 18 years undergoing chemotherapy or radiation therapy or less than one year past the end of their treatment, will be entered this study. After an informed consent form, if desired, Quality of life questionnaire (PedsQL version 4) by the participants and their parents, and the subjects were randomly assigned to two groups (experiment and control), they will be divided. Experimental group will participate every training session for 60 mins, 3 times a week for 12 weeks consecutively. Control group will keep up its daily activities. Participants take their previous drug treatment. at the end of study, Participants and their parents fill out Quality of life questionnaire (PedsQL version 4) again and result will analyses with Statistical tests.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2013030812743N1**

Registration date: **2015-01-18, 1393/10/28**

Registration timing: **registered_while_recruiting**

Last update:

Update count: **0**

Registration date

2015-01-18, 1393/10/28

Registrant information

Name

Ezat Khodashenas

Name of organization / entity

Mashhad University of Medical Sciences

Country

Iran (Islamic Republic of)

Phone

+98 51 1727 3943

Email address

khodashenas@mums.ac.ir

Recruitment status

Recruitment complete

Funding source

Mashhad University of Medical Sciences

Expected recruitment start date

2014-12-22, 1393/10/01

Expected recruitment end date

2015-03-21, 1394/01/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The comparison of selected aerobic exercise program effects with no practice on quality of life in children with cancer

Public title

The effect of selected aerobic exercise program on quality of life in children with cancer

Purpose

Health service research

Inclusion/Exclusion criteria

The inclusion criteria :Age range of 8 to 18 years (mean age at diagnosis was equal to or less than 14 years): with cancer: during chemotherapy or radiation therapy, or less than one year from the end of the last treatment:with no major psychiatric or physical problems before cancer:patients after induction phase and are remission(1 to 6 months after remission will enter): Patients 1 and 6 months after they enter remission
Exclusion criteria:dependent patients in wheelchair: Lack

of companies in more than 3 times' with heart or lung disease:There are less than 50,000 platelets or bleeding disorder (bleeding Dyatz)

Age

From **8 years** old to **18 years** old

Gender

Both

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)

Not blinded

Blinding description

Placebo

Not used

Assignment

Parallel

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Mashhad University of Medical Sciences

Street address

Mashhad University of Medical Sciences- Mashhad

City

Mashhad

Postal code

Approval date

2014-06-28, 1393/04/07

Ethics committee reference number

922079

Health conditions studied

1

Description of health condition studied

cancer

ICD-10 code

C00-C97

ICD-10 code description

Malignant neoplasm

Primary outcomes

1

Description

quality of life

Timepoint

before and after intervention

Method of measurement

pedSQL version 4

Secondary outcomes

empty

Intervention groups

1

Description

Control group will keep up its daily activities .

Category

Lifestyle

2

Description

Experimental subjects in science group will attend every training session for 60 mins,3 times a week for 12 weeks consequently. Practice schedule of science group(aerobic) will warm up their bodies by walking and preliminary exercises for about 10mins at the beginning of each training session under the supervision of aerobic coach. The following 40mins will be dedicated to primary movements and then a chain of aerobic drills and finally they'll allocate the last 10 mins to cooling their bodies.movement order is from simple to hard and the coach will make sure that all the kids will have managed to do the previous exercise before focusing on more difficult ones.

Category

Lifestyle

Recruitment centers

1

Recruitment center

Name of recruitment center

DR Sheikh hospital

Full name of responsible person

Street address

City

Mashhad

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Mashhad University of Medical Sciences

Full name of responsible person

Khodashenas Ezat

Street address

Mashhad University of Medical Sciences, Mashhad

City

Mashhad

Grant name**Grant code / Reference number****Is the source of funding the same sponsor organization/entity?**

Yes

Title of funding source

Mashhad University of Medical Sciences

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**

Mashhad University of Medical Sciences

Full name of responsible person

Khodashenas Ezat

Position

specialist

Other areas of specialty/work**Street address**

DR Sheikh Hospital, Mashhad University of Medical Sciences, Mashhad

City

Mashhad

Postal code

00985137269021

Phone

+98 51 3726 9021

Fax**Email**

KhodashenasE@mums.ac.ir

Web page address**Person responsible for scientific inquiries****Contact****Name of organization / entity**

Mashhad University of Medical Sciences

Full name of responsible person

Khodashenas Ezat

Position

Assistant Professor in Mashhad University of Medical Sciences

Other areas of specialty/work**Street address**

Mashhad University of Medical Sciences, Mashhad

City

Mashhad

Postal code**Phone**

+98 51 3605 3731

Fax**Email**

khodashenas@mums.ac.ir

Web page address**Person responsible for updating data****Contact****Name of organization / entity**

Mashhad University of Medical Sciences

Full name of responsible person

Khodashenas Ezat

Position

Pediatric Specialist/Assistant Professor, Mashhad University of Medical Sciences

Other areas of specialty/work**Street address**

Mashhad University of Medical Sciences, Mashhad

City

Mashhad

Postal code**Phone**

+98 51 3605 3731

Fax**Email**

khodashenas@mums.ac.ir

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