Clinical Trial Protocol
Iranian Registry of Clinical Trials

19 Sep 2026

Aerobic exercise and its effect on CRP level of serum of overweight girls.

Protocol summary

Summary

The purpose of this research was to determine the effect of aerobic running activities on the inflammatory markers of cardiovascular disease (HS-CRP) of overweight girls. This was a quasi-experimental research and 26 volunteer college student girls with mean weight of 82.5±6.5 kg and age of 21.2±2.1 years were randomly assigned into two groups of experimental and control condition. The subjects were healthy, non-smokers with no recent history of medication. The mean BMI was 28< kg/m2 the experimental group participated in two sessions of exercise for 8 weeks in an indoor gymnasium. Blood sample was collected by a lab technician before and after the termination of the exercise protocol.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2013031212796N1**
Registration date: **2013-04-20, 1392/01/31**
Registration timing: **retrospective**

Last update:
Update count: **0**

Registration date

2013-04-20, 1392/01/31

Registrant information

Name
Mohammad javad Pourvaghar
Name of organization / entity
Kashan University of Medical Sciences
Country
Iran (Islamic Republic of)
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+98 36 1591 2561
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vaghar@kashanu.ac.ir

Recruitment status

Recruitment complete

Funding source

Vice chancellor for research, Kashan University of Medical Sciences

Expected recruitment start date

2012-04-20, 1391/02/01

Expected recruitment end date

2012-07-28, 1391/05/07

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Aerobic exercise and its effect on CRP level of serum of overweight girls.

Public title

Aerobic exercise and its effect on CRP level of serum of overweight girls.

Purpose

Health service research

Inclusion/Exclusion criteria

Inclusion criteria: being healthy; being overweight; non-smoker and no medication. Exclusion criteria: having BMI less than 28 kg/m2 and being physically active.

Age

From **21 years** old to **23 years** old

Gender

Female

Phase

0

Groups that have been masked

No information

Sample size

Target sample size: **26**

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
University of kashan
Street address
K m 6 Ravand Road University of kashan
City
kashan
Postal code
8731751167
Approval date
2012-04-04, 1391/01/16
Ethics committee reference number
159233

Health conditions studied

1

Description of health condition studied
Cardiovascular disease
ICD-10 code
I25
ICD-10 code description
Chronic ischaemic heart disease

Primary outcomes

1

Description
C Reactive Protein
Timepoint
Before and after 8 weeks Exercise
Method of measurement
Automatic Mininese Machine Madein USA

Secondary outcomes

empty

Intervention groups

1

Description
Experimental group:performed 30 to 45 minutes of interval running program, 2 sessions per week. Every session lasted 1 hour.
Category
N/A

2

Description
Control group: Did not receive any training.
Category
N/A

Recruitment centers

1

Recruitment center
Name of recruitment center
Kashan University of Medial Sciences
Full name of responsible person
Mohammad Javad Pourvaghar
Street address
Km. 6 Ravand Road
City
Kashan

Sponsors / Funding sources

1

Sponsor
Name of organization / entity
Vice-Chancellor For Research University of Kashan
Full name of responsible person
Majid monem
Street address
Km 6, Ravand Road
City
Kashan
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 Kashan
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
Kashan University of Medical Sciences

Full name of responsible person
Mohammad Javad Pourvaghar

Position
PhD- Physiology of exercise

Other areas of specialty/work

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PhD

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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