

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

31 May 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  $82.5 \pm 6.5$  kg and age of  $21.2 \pm 2.1$  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  $28 < \text{kg/m}^2$  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)

###### Phone

+98 36 1591 2561

###### Email address

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  $28 \text{ kg/m}^2$  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 Pourvaghari

**Position**

PhD- Physiology of exercise

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

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## Person responsible for scientific inquiries

### Contact

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**Full name of responsible person**

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PhD

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## Person responsible for updating data

### Contact

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Kashan University of Medical Sciences

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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*