Clinical Trial Protocol
Iranian Registry of Clinical Trials

18 Sep 2026

Influence of eight weeks selected aerobic aquatic exercise on cystatine C and some other cardiovascular risk factors in menopause women

Protocol summary

Summary

Objectives: The purpose of present study is evaluating influence of progressive aquatic aerobic exercise on cystatine C and some other cardiac factors including fasting blood sugar, triglyceride (TG), cholesterol, lipoproteins and body fat percent in menopause women. Design: this study is a kind of experimental with two groups of exercise and control. Setting and conduct: exercise group will participate in eight weeks of exercise. Control group will not participate in any kind of exercise. Variables will be measured before and after eight weeks of experiment period. Participants: Participants of study include 30 menopause women who participate in study voluntarily and randomly are divided to two groups of exercise(n=15) and controls(n= 15).participants must be healthy had no limitation of exercise activity according to physician examination and do not use any kind of drugs which may be effective on study variables. Intervention: study variables are measured before and after training sessions. Study variables are recorded before and after training. Blood samples are taken in fasting state one day before and 24 hours following the last session of exercise training. Training sessions include aerobic aquatic exercise for 8 weeks, 3 times a week and with progressive intensity. Exercise training begin with 50% of maximal heart rate and end with 70 to 80 % of maximal heart rate during the last session. Control group will not participate in any kind of regular exercise during study. Data will be analyzed using statistical method of covariance analysis. Variables: cystatine C and some other cardiac factors including fasting blood , triglyceride, cholesterol, lipoproteins and body fat (before and after experiment).

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2013042413107N1**

Registration date: **2013-11-11, 1392/08/20**

Registration timing: **registered_while_recruiting**

Last update:

Update count: **0**

Registration date

2013-11-11, 1392/08/20

Registrant information

Name

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Name of organization / entity

Shiraz University

Country

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Recruitment status

Recruitment complete

Funding source

Vice Chancellor for Research affairs in Shiraz University

Expected recruitment start date

2013-09-25, 1392/07/03

Expected recruitment end date

2014-02-22, 1392/12/03

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Influence of eight weeks selected aerobic aquatic exercise on cystatine C and some other cardiovascular risk factors in menopause women

Public title
Influence of exercise on some cardiovascular risk factors
Purpose
Prevention
Inclusion/Exclusion criteria
Inclusion: being completely healthy with no limitation for participation in exercise and not using any effective drug on study variables Exclusion : any kind of disease or deformity which may influence physical activity or may endanger participant for physical exercise
Age
From **47 years** old to **60 years** old
Gender
Female

Phase
2-3
Groups that have been masked
No information
Sample size
Target sample size: **30**
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
Shiraz university
Street address
Eram sq. Shiraz University
City
Shiraz
Postal code
Approval date
2010-09-23, 1389/07/01
Ethics committee reference number
137856645

Health conditions studied

1

Description of health condition studied
cardiovascular risk factors
ICD-10 code
-
ICD-10 code description
-

Primary outcomes

1

Description
Cystatine C
Timepoint
Before and after exercise training
Method of measurement
Blood sampling

Secondary outcomes

1

Description
Lipoproteins
Timepoint
Before and after exercise training
Method of measurement
Blood sampling

2

Description
Fasting blood sugar
Timepoint
Before and after exercise training
Method of measurement
Blood sampling

3

Description
Triglyceride
Timepoint
Before and after exercise training
Method of measurement
Blood sampling

4

Description
Body fat percent
Timepoint
Before and after exercise training
Method of measurement
Blood sampling

Intervention groups

1

Description
Exercise training in experimental group .Exercise training includes aquatic exercise for 8 weeks, 3 times a week with progressive exercise intensity. Exercise training begin with 50% of maximal heart rate and end with 70 to 80 % of maximal heart rate during the last session.

Category
N/A

2

Description
Not performing any kind of intervention in control group
Category
N/A

Recruitment centers

1

Recruitment center
Name of recruitment center
Retirement center of Isfahan
Full name of responsible person
Street address
City
Isfahan

Sponsors / Funding sources

1

Sponsor
Name of organization / entity
Shiraz University
Full name of responsible person
Dr Saadat
Street address
Management building of Shiraz University
City
Shiraz
Grant name
Grant code / Reference number
Is the source of funding the same sponsor organization/entity?
Yes
Title of funding source
Shiraz University
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
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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