

Clinical Trial Protocol

Iranian Registry of Clinical Trials

17 Sep 2026

Comparison of effects of consuming water and Vitamin E on the variations of Hematuria after a chosen severe exercise in athlete 14-16 years old boy students

Protocol summary

Summary

1) Objectives: One type of kidney damage caused by exercise is Hematuria. The aim of this study was comparison of effects of consuming water and Vitamin E on the variations of Hematuria after a severe exercise in athlete 14-16 years old boy students. 2) Design: The present study is a Clinical trial that in 2011 in the Shahid Rajaei Teacher Training University Laboratory. In this study subjects were selected from among the students footballer. 3) Setting and conduct: Subjects were randomly selected in ten people 4 groups (Group control, Group water, Group vitamin and Group vitamin+ water) from footballer students population. 4) Participants including major eligibility criteria: The students before the protocol had without Hematuria. 5) Intervention: Determined chosen severe exercise is Bangsbo protocol. Urinary samples of all groups were collected before and after exercise and then transferred to laboratory for analyzing.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2013042413114N1**

Registration date: **2013-07-24, 1392/05/02**

Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2013-07-24, 1392/05/02

Registrant information

Name

Behnam Masoudian

Name of organization / entity

Shahid Rajaei Teacher Training University

Country

Iran (Islamic Republic of)

Phone

+98 31 1367 1603

Email address

masoudian_b@yahoo.com

Recruitment status

Recruitment complete

Funding source

Vice Chancellor For Research Shahid Rajaei Teacher Training University University of Medical Science

Expected recruitment start date

2011-03-21, 1390/01/01

Expected recruitment end date

2011-03-21, 1390/01/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Comparison of effects of consuming water and Vitamin E on the variations of Hematuria after a chosen severe exercise in athlete 14-16 years old boy students

Public title

The effects of consuming water and vitamin E on the variations of hematuria

Purpose

Prevention

Inclusion/Exclusion criteria

Inclusion had selected of footballers students without Hematuria: exclusion criteria had enforcement Protocol Bangsbo.

Age

From **14 years** old to **16 years** old

Gender

Male

Phase

2

Groups that have been masked

No information

Sample size

Target sample size: **40**

Randomization (investigator's opinion)

Randomized

Randomization description

Blinding (investigator's opinion)

Not blinded

Blinding description

Placebo

Used

Assignment

Parallel

Other design features

Secondary Ids

1

Registry name

ندارد

Secondary trial Id

ندارد

Registration date

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Ethics committee Shahid Rajaei Teacher Training University

Street address

St.Shabanlo, Lavizan ,Tehran

City

Tehran

Postal code

1678815811

Approval date

2010-08-20, 1389/05/29

Ethics committee reference number

Shahid Rajaei Teacher Training University

Health conditions studied

1

Description of health condition studied

Haematuria

ICD-10 code

R31

ICD-10 code description

Recurrent or persistent haematuria

Primary outcomes

1

Description

Hemoglobin

Timepoint

Immediately before exercise

Method of measurement

Urinary samples

2

Description

Red cell

Timepoint

Immediately before exercise

Method of measurement

Urinary samples

Secondary outcomes

1

Description

NO

Timepoint

NO

Method of measurement

NO

Intervention groups

1

Description

Water

Category

Diagnosis

2

Description

Than 7 days before the test day to day mg 360 Vitamin E

Category

Diagnosis

Recruitment centers

1

Recruitment center

Name of recruitment center

Shahid Rajaei Teacher Training University

Full name of responsible person

Masoudian Behnam

Street address

St.Shabanlo, Lavizan, Tehran

City

Tehran

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Vice Chancellor For Research Shahid Rajaei Teacher
Training University University of Medical Science

Full name of responsible person

Dr Olyaei Saeed

Street address

St. Shabanlo, Lavizan, Tehran

City

Tehran

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 Shahid Rajaei Teacher
Training University University of Medical Science

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**

Shahid Rajaei Teacher Training University

Full name of responsible person

Masoudian Behnam

Position

Master of Science

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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