

Clinical Trial Protocol

Iranian Registry of Clinical Trials

16 Sep 2026

Thiamine effect on aerobic and anaerobic power

Protocol summary

Summary

The purpose of this research is to study the impact of short-term supplementation of thiamine pyrophosphate on aerobic and anaerobic power of soccer girls were. This study was a clinical trial sample of 20 young girls That the 200 girl soccer city Neyriz randomly selected. The design of the study was crossover ,double blind and randomized and it was conducted in 1390. After compleating the questionnaire, Bruce and Rast tests for primary assessment variables was two days before the start of supplementation. At the beginning of Rest test was perfor med two hours after Bruce test. Subjects after exposure and placebo groups for a week and placebo (twice daily at 8 Am and 4 Pm at 100 mg per does thiamine supplementation and calcium bicarbonate capsules as a placebo) received. After a test run first and supplementation 7-day period during the 10-day wash was applied. Subjects than received the first day of thiamine supplementation, versus the placebo group than in the placebo supplement, thiamine consumption.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2014103014611N3**

Registration date: **2014-11-28, 1393/09/07**

Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2014-11-28, 1393/09/07

Registrant information

Name

Tahereh Siahpour

Name of organization / entity

Islamic azad university fars scince and research branch

Country

Iran (Islamic Republic of)

Phone

+98 917 341 1404

Email address

nikbkht@ut.ac.ir

Recruitment status

Recruitment complete

Funding source

Islamic Azad niversity Fars Science And Research Branch

Expected recruitment start date

2011-04-21, 1390/02/01

Expected recruitment end date

2011-05-15, 1390/02/25

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Thiamine effect on aerobic and anaerobic power

Public title

Thiamine effect on aerobic and anaerobic power

Purpose

Diagnostic

Inclusion/Exclusion criteria

Inclusion criteria:Girl: Young: Athlete: Healthy Girls

Exclusion criteria:In the absence of test: Lack of thiamine supplementation: Girls less than 16 years

Age

From **17 years** old to **20 years** old

Gender

Female

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)

Double blinded

Blinding description

Placebo

Used

Assignment

Crossover

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Islamic azad university fars science and research branch

Street address

Dorodzan dam,18 km Marvdasht road,Fars province

City

Marvdasht

Postal code

Approval date

2011-02-27, 1389/12/08

Ethics committee reference number

481214048910116

Health conditions studied

1

Description of health condition studied

aerobic power

ICD-10 code

J98.8

ICD-10 code description

Other specified respiratory disorders

2

Description of health condition studied

anaerobic power

ICD-10 code

J98.8

ICD-10 code description

Other specified respiratory disorders

Primary outcomes

1

Description

Anaerobic power

Timepoint

Before the intervention, 24 days after the intervention

Method of measurement

Questionnaire Rast and Bruce

2

Description

Aerobic power

Timepoint

Before the intervention, 24 days after the intervention

Method of measurement

Questionnaire Rast and Bruce

Secondary outcomes

1

Description

Thiamine pyrophosphate

Timepoint

Before the intervention, 24 days after the intervention

Method of measurement

Questionnaire Rast and Bruce

2

Description

Calcium Bicarbonate Capsules

Timepoint

Before the intervention, 24 days after the intervention

Method of measurement

Questionnaire Rast and Bruce

Intervention groups

1

Description

Supplementation group (supplemental thiamine pyrophosphate) thiamine pyrophosphate for a week and daily supplements of 100 mg in the morning and afternoon

Category

Other

2

Description

Placebo group (calcium bicarbonate capsules) calcium bicarbonate capsules 100 mg two times a week, morning and afternoon.

Category

Placebo

Recruitment centers

1

Recruitment center

Name of recruitment center

Ministry of Education, government office for Fars

province

Full name of responsible person

Elaheh Sahragard

Street address

NO 20, Department of Education, Esteghlal

Boulevard, Neyriz

City

Neyriz

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Islamic Azad University Fars Science And Research
Branch

Full name of responsible person

Mr barkhordari and di bazargan

Street address

Dorodzan dam,18 km Marvdasht road,Fars province

City

Marvdasht

Grant name

Grant code / Reference number

Is the source of funding the same sponsor organization/entity?

Yes

Title of funding source

Islamic Azad University Fars Science And Research
Branch

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

Ministry of Education

Full name of responsible person

Elaheh Sahragard

Position

MSc

Other areas of specialty/work

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Person responsible for updating data

Contact

Name of organization / entity

Islamic Azad University, Karaj Unit

Full name of responsible person

Shabestari Moeini Masoud

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Assistant, PhD in Exercise Physiology

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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