

Clinical Trial Protocol

Iranian Registry of Clinical Trials

11 Jul 2026

effect of combination exercise training on some blood factors and biochemical indices in women with breast cancer

Protocol summary

Summary

Backgrounds and Objectives: some blood factors and biochemical indices can cause occurrence and recurrence of breast cancer. On the other hand, the role of combination exercise training on these factors is not clear. Thus, the aim of this study is to clarify the changes of these factors in postmenopausal women with breast cancer after 15 weeks combination exercise training. Design, setting and conduction: Twenty nine women with breast cancer (58.27 ± 6.31 years) who received surgery, chemotherapy and radiation - therapy with current hormone therapy were divided into two groups; experimental and control (Double-blind randomised clinical trial). Participants including major eligibility criteria: Inclusion criteria included being postmenopausal, Tamoxifen consumption, inactivity and lack of other diseases. Intervention: Subjects of experimental group were performed 15 weeks combination exercise training including walking (2 sessions per week) and resistance training (2 sessions per week that different from walking days). Variables: in this study, IGFs and its Binding proteins, Some Antioxidants, Sex hormones and inflammation factors were measured.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2013122115884N1**
Registration date: **2014-05-05, 1393/02/15**
Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2014-05-05, 1393/02/15

Registrant information

Name

Reza Nuri

Name of organization / entity

University of Tehran

Country

Iran (Islamic Republic of)

Phone

+98 76 4443 0055

Email address

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Recruitment status

Recruitment complete

Funding source

Investigator

Expected recruitment start date

2008-04-03, 1387/01/15

Expected recruitment end date

2008-06-21, 1387/04/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

effect of combination exercise training on some blood factors and biochemical indices in women with breast cancer

Public title

Cancer and combination exercise training

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria: 1 - the current treatments and undergoing hormone therapy with tamoxifen; 2 - menopause ; 3- age 50 to 60 years. exclusion criteria : 1- participating in sports or physical activity and weight

control in six months; 2 - Other diseases, such as hypertension, heart disease, and thyroid; 3 - Use Supplement; 4 - The experience of menstruation in the past six months.

Age

From **50 years** old to **69 years** old

Gender

Female

Phase

2

Groups that have been masked

No information

Sample size

Target sample size: **32**

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

1

Registry name

-

Secondary trial Id

-

Registration date

empty

2

Registry name

-

Secondary trial Id

-

Registration date

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Ethical Committee of Sport Physiology, University of Guilan

Street address

Department of Exercise Physiology, Faculty of Sport Sciences, University of Guilan

City

Rasht

Postal code

Approval date

2010-08-20, 1389/05/29

Ethics committee reference number

12/1243

Health conditions studied

1

Description of health condition studied

Breast Cancer

ICD-10 code

C50.6

ICD-10 code description

Axillary tail of breast

Primary outcomes

1

Description

Insulin like growth factors

Timepoint

pre and after intervention

Method of measurement

In serum using by EKM

2

Description

estradiol

Timepoint

pre and after intervention

Method of measurement

In plasma using by ELISA kits

3

Description

Progesteron

Timepoint

pre and after intervention

Method of measurement

In plasma using by ELISA kits

4

Description

Metabolic syndrome

Timepoint

pre and after intervention

Method of measurement

By current measurements methods

5

Description

Glutation proxidase

Timepoint

pre and after intervention

Method of measurement

In serum using by EKM kits

6

Description

Super oxide dismutase

Timepoint

pre and after intervention

Method of measurement

In serum using by EKM kits

Secondary outcomes

1

Description

Some IGFs binding Proteins

Timepoint

pre and after intervention

Method of measurement

In serum using by ELISA kits

Intervention groups

1

Description

15 weeks combination exercise training including resistance training and walking for experimental group

Category

Other

2

Description

current therapy

Category

Treatment - Drugs

Recruitment centers

1

Recruitment center

Name of recruitment center

Isfahan Seyodoshohada Hospital

Full name of responsible person

Dr Hamid Emami

Street address

Department of Oncology, Seyodoshohada Hospital, Motahari ave. Isfahan

City

Isfahan

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Vice chancellor for research, University of Guilan

Full name of responsible person

Street address

Vice chancellor for research, University Of Guilan,

Faculty of Sport Sciences, 7th km of Tehran Road, Guilan

City

Rasht

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 Guilan

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

University of Guilan

Full name of responsible person

Farhad Rahmani-Nia

Position

Ph.D/ Professor in Exercise Physiology.

Other areas of specialty/work

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Person responsible for updating data

Contact

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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