Clinical Trial Protocol
Iranian Registry of Clinical Trials

16 Sep 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

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Reza Nuri
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University of Tehran
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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
Progestron

Timepoint
pre and after intervention

Method of measurement
In plasma using byELISA 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 exprimental 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
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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
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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