

Clinical Trial Protocol

Iranian Registry of Clinical Trials

16 Sep 2026

The effect of 4 weeks of aerobic training on blood coagulation, fibrinolytic factors in elderly men

Protocol summary

Summary

the purpose of this study was the effect of 4 weeks of aerobic training on blood coagulation, fibrinolytic factors in adult men. 30 elderly men (60-70 years) referred to razi clinic in ghaemshahr voluntarily participated in this study. Inclusion criteria were Not Having a history chronic disease. The participants were randomly divided into control (N=15) and experimental (N=15) groups. The experimental group received aerobic training for 4 weeks, 3 sessions per week, 40 to 60 minutes each session. The control group did not participate in any physical activity and continued their daily activities. Before and 24 hours after the last training session, Body weight, BMI and coagulation factors levels such as, fibrinogen, Protrombin Time, Partial Thromboplastin Time and platelet count and also D-dimer fibrinolytic factors were measured.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2014070718391N1**

Registration date: **2014-08-18, 1393/05/27**

Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2014-08-18, 1393/05/27

Registrant information

Name

Ehsan Mir

Name of organization / entity

Ferdowsi University of Mashhad

Country

Iran (Islamic Republic of)

Phone

+98 51 1882 9580

Email address

ehsan.mir@stu.um.ac.ir

Recruitment status

Recruitment complete

Funding source

Vice Chancellor for Research, University of Islamic Azad
Sari Branchi

Expected recruitment start date

2011-12-22, 1390/10/01

Expected recruitment end date

2012-02-20, 1390/12/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effect of 4 weeks of aerobic training on blood
coagulation, fibrinolytic factors in elderly men

Public title

Effects of aerobic training on fibrinogen levels in elderly
men

Purpose

Prevention

Inclusion/Exclusion criteria

Inclusion Criteria: Healthy elderly men with no previous
record of any specific drug use: routine regular exercises
during the last two years. Exclusion: Unhealthy: Doing
regular exercise during the last two years.

Age

From **60 years** old to **70 years** old

Gender

Male

Phase

N/A

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
Islamic Azad University Sari Branch

Street address
Islamic Azad University Sari Branch

City
Sari City

Postal code

Approval date
2011-12-22, 1390/10/01

Ethics committee reference number
11721

Health conditions studied

1

Description of health condition studied
Cardiovascular risk factor and inflammatory markers

ICD-10 code
I70

ICD-10 code description
Atherosclerosis

Primary outcomes

1

Description
plasma fibrinogen

Timepoint
Before and 24 hr after intervention

Method of measurement
Enzymatic Method

Secondary outcomes

1

Description
Body Mass Index

Timepoint
Before and 24 hr after intervention

Method of measurement
By body composition analyzer machine

Intervention groups

1

Description
Control groups were without training over eight weeks

Category
N/A

2

Description
Participating in 4 weeks aerobic exercise training, 3 times a week, 40 to 60 minutes each session

Category
Other

Recruitment centers

1

Recruitment center

Name of recruitment center
Razi Clinic in Ghaemshahr Voluntary

Full name of responsible person
Mojtaba Mirsaiedii

Street address
2 km Sari Road, Ghaemshahr, Mazandaran Province

City
Ghaemshahr

Sponsors / Funding sources

1

Sponsor

Name of organization / entity
Vice Chancellor for Research, University of Islamic Azad Sari Branchi

Full name of responsible person
Mohsen Rabbani

Street address
7 km Sea Road, Sari, Mazandaran Province

City
Sari

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 Islamic Azad
Sari Branchi

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**

Islamic Azad University Sari Branch

Full name of responsible person

Mojtaba Mirsaiedii

Position

Master of Science in Exercise Physiology

Other areas of specialty/work**Street address**

7 km Sea Road, Sari, Mazandaran Province

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Fax**Email****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