Clinical Trial Protocol
Iranian Registry of Clinical Trials

22 Nov 2026

The effect of order of combined training (resistance and endurance) on health related quality of life in older women

Protocol summary

Summary

Combined training has been recommended as an effective rehabilitation intervention to improve health in elderly. The purpose of this study is to investigate the effect of order of combined training (resistance and endurance) on health related quality of life in older women. This study is a quasi-experimental research, 60 retired elderly woman of Education select purposely and randomly place into four groups of 15 subjects: endurance plus strength training, strength plus endurance training, interval concurrent training and control groups then training programs will be perform for eight week, 3 times per week. Endurance training program Include a cycle ergometer and strength training program Include several upper and lower body workout. Health related quality of life will be measured by SF-36 questionnaire.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2014123019995N3**
Registration date: **2015-01-06, 1393/10/16**
Registration timing: **retrospective**

Last update:
Update count: **0**

Registration date

2015-01-06, 1393/10/16

Registrant information

Name
Zahra Mardanpour Shahrekordi
Name of organization / entity
Shahrekord University
Country
Iran (Islamic Republic of)
Phone
+98 38 3232 4401
Email address
banitalebi@lit.sku.ac.ir

Recruitment status

Recruitment complete

Funding source

Investigator

Expected recruitment start date

2014-03-07, 1392/12/16

Expected recruitment end date

2014-04-07, 1393/01/18

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effect of order of combined training (resistance and endurance) on health related quality of life in older women

Public title

The order of combined training on quality of life of elderly women

Purpose

Diagnostic

Inclusion/Exclusion criteria

Inclusion criteria: female; 58 to 70 years; without experience of regular physical activity in one year before beginning of the study; the level of physical and mental health Exclusion criteria: history of cardiovascular diseases; cancer; high blood pressure; diabetes; thyroid disease; addiction to any smoking, alcohol and narcotic substances; Hormonal disorders; kidney or liver disease; surgery any medical intervention affecting the experimental results

Age

From **58 years** old to **70 years** old

Gender

Female

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **60**

Randomization (investigator's opinion)

Randomized

Randomization description

Blinding (investigator's opinion)

Single blinded

Blinding description

Placebo

Not used

Assignment

Parallel

Other design features

The effect of sequence order of combined training (resistance and endurance) on the body performance of older women

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Shahrekord University

Street address

Rahbar Blvd, Shahrekord

City

Shahrekord

Postal code

8818634141

Approval date

2014-03-06, 1392/12/15

Ethics committee reference number

190/579 م پ

Health conditions studied

1

Description of health condition studied

Relationship of order of combined training (resistance and endurance) on health related quality of life in older women

ICD-10 code

ICD-10 code description

Primary outcomes

1

Description

Quality of life

Timepoint

Before and after 8 weeks of intervention

Method of measurement

by SF-36 questionnaire

Secondary outcomes

empty

Intervention groups

1

Description

The endurance plus strength training group follow an combined training program for 8 weeks Who in the first do endurance training program and then 2 minutes of rest do strength training program.

Category

Other

2

Description

The strength plus endurance training group follow an combined training program for 8 weeks Who in the first do strength training program and then 2 minutes of rest do endurance training program.

Category

Other

3

Description

The interval training group do rotating E plus S plus E plus S plus E plus S training programs , so that's the strength and endurance program was divided into three parts.

Category

Other

4

Description

The control group do not any regular physical activity in Daily life.

Category

Other

Recruitment centers

1

Recruitment center

Name of recruitment center

Department of Education region 1 of Shahrekord city

Full name of responsible person

Street address

City

Shahrekord

Sponsors / Funding sources

1

Sponsor
Name of organization / entity
Shahrekord University
Full name of responsible person
Dr Ebrahim Banitalebi
Street address
Rahbar Blvd, Shahrekord
City
Shahrekord
Grant name
Grant code / Reference number
Is the source of funding the same sponsor organization/entity?
Yes
Title of funding source
Shahrekord University
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
Shahrekord University
Full name of responsible person
Dr Ebrahim Banitalebi
Position
Ph.D of Sport Physiology/Assistant Professor
Other areas of specialty/work
Street address
Rahbar Blvd, Shahrekord
City
Shahrekord
Postal code
Phone
+98 38 3232 4401
Fax
Email
Banitalebi@lit.sku.ac.ir
Web page address

Person responsible for scientific inquiries

Contact
Name of organization / entity
Shahrekord University
Full name of responsible person
Dr Mohammad Faramarzi
Position
Ph.D, of Sport Physiology/Associate Professor
Other areas of specialty/work
Street address
Rahbar Blvd, Shahrekord
City
Shahrekord
Postal code
Phone
+98 38 3232 4401
Fax
Email
md.faramarzi@gmail.com
Web page address

Person responsible for updating data

Contact
Name of organization / entity
Shahrekord University
Full name of responsible person
Zahra Mardanpour Shahrekordi
Position
MSc, Exercise Physiology
Other areas of specialty/work
Street address
Rahbar Blvd, Shahrekord
City
Shahrekord
Postal code
Phone
+98 38 3232 4401
Fax
Email
zahramardanpour@gmail.com
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