

Clinical Trial Protocol

Iranian Registry of Clinical Trials

30 Jul 2026

Effects of 8-week combined training (strength and endurance) on AGRP, GH and changes in appetite and body mass in postmenopausal women

Protocol summary

Summary

The main purpose of this study is to investigate effects of 8-week combined training (strength and endurance) on AGRP, GH and changes in appetite and body mass in postmenopausal 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 the weight, height, body mass index, body fat percentage and Blood sample will be measure. Training programs will be perform for eight week, 3 times per week. Endurance training program Include a cycle ergo-meter and strength training program Include several upper and lower body workout. Forty-eight hours after the last training session all variables will be measured as per-test.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2016012619995N5**

Registration date: **2016-02-07, 1394/11/18**

Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2016-02-07, 1394/11/18

Registrant information

Name

Zahra Mardanpour Shahrekordi

Name of organization / entity

Shahrekord University

Country

Iran (Islamic Republic of)

Phone

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Email address

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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

Effects of 8-week combined training (strength and endurance) on AGRP, GH and changes in appetite and body mass in postmenopausal women

Public title

Effects of 8-week combined training in postmenopausal women

Purpose

Diagnostic

Inclusion/Exclusion criteria

Inclusion criteria: female; age between 58 to 70 years old; 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
Aerobic training perform on a cycle ergomete and
Resistance exercise with gym apparatus.

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Ethics Committee of Shahrekord University

Street address

Rahbar Blvd, Shahrekord

City

Shahrekord

Postal code

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

Weight gain caused by menopause

ICD-10 code

N95

ICD-10 code description

Menopausal and other perimenopausal disorders

Primary outcomes

1

Description

AGRP

Timepoint

Before and after 8 weeks of intervention

Method of measurement

ELISA kit for AGRP

2

Description

GH

Timepoint

Before and after 8 weeks of intervention

Method of measurement

ELISA kit for Interleukin-6

Secondary outcomes

1

Description

Changes in appetite

Timepoint

Before and after 8 weeks of intervention

Method of measurement

Appetite questionnaire with Visual Analog Scale (VAS)

Intervention groups

1

Description

Intervention group 1: 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

Intervention group 2: 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

Intervention group 3: 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

Control group: 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, Shahrekord city

Full name of responsible person**Street address**

Danesh Sq., Shahrekord

City

Shahrekord

Sponsors / Funding sources**1****Sponsor****Name of organization / entity**

Vice chancellor for research, Shahrekord University

Full name of responsible person

Dr. Ebrahim Banitalebi

Street address

Rahbar Blvd., Shahrekord

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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, 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

PhD of Sport Physiology/Assistant Professor

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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