Clinical Trial Protocol
Iranian Registry of Clinical Trials

09 Nov 2026

The impact of cupping and a practice session on level of some liver enzymes in handball team

Protocol summary

Summary

The aim of this study is to evaluate the impact of cupping and a practice session on level of liver enzymes in handball team. Statistical society of the present research is formed of all members of the Zahedan handball men team. They were randomly allocated to two groups, training (n=12) and cupping groups (n=10). Serum Aspartate aminotransferase and Alanin aminotransferase concentrations were measured before, immediately and 24 hours after the interventions by ELISA methods.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2016020819995N6**
Registration date: **2016-03-07, 1394/12/17**
Registration timing: **retrospective**

Last update:
Update count: **0**

Registration date

2016-03-07, 1394/12/17

Registrant information

Name
Zahra Mardanpour Shahrekordi
Name of organization / entity
Shahrekord University
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Recruitment status

Recruitment complete

Funding source

Investigator

Expected recruitment start date

2013-11-13, 1392/08/22

Expected recruitment end date

2013-12-07, 1392/09/16

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The impact of cupping and a practice session on level of some liver enzymes in handball team

Public title

The impact of cupping and exercise on level of liver enzymes

Purpose

Diagnostic

Inclusion/Exclusion criteria

Inclusion criteria: members of the Zahedan handball men team; the level of physical and mental health; not using medicine in 6 months before beginning of the study
Exclusion criteria: lack of subjects' cooperation

Age

From **17 years** old to **39 years** old

Gender

Male

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **22**

Randomization (investigator's opinion)

Randomized

Randomization description

Blinding (investigator's opinion)
Single blinded
Blinding description
Placebo
Not used
Assignment
Parallel
Other design features
In this study sampling method is a table of random numbers.

Secondary Ids

empty

Ethics committees

1

Ethics committee
Name of ethics committee
Ethics Committee of Sistan and Baluchestan University
Street address
Blvd Daneshgah, Zahedan
City
Zahedan
Postal code
Approval date
2013-11-06, 1392/08/15
Ethics committee reference number
14079

Health conditions studied

1

Description of health condition studied
The communication of cupping and exercise on level of liver enzymes
ICD-10 code
Z04.9
ICD-10 code description
Examination and observation for unspecified reason

Primary outcomes

1

Description
Aspartate aminotransferase
Timepoint
Before, immediately and 24 hours after the cupping and a practice session by ELISA methods
Method of measurement
ELISA kit for Aspartate aminotransferase

2

Description
Alanin aminotransferase
Timepoint
Before, immediately and 24 hours after the cupping and a practice session by ELISA methods
Method of measurement
ELISA kit for Alanin aminotransferase

Secondary outcomes

empty

Intervention groups

1

Description
Intervention group 2: Cupping Group subjects were cupping by a trained person.
Category
Other

2

Description
Intervention group 1: exercise Group is divided into two teams of six players to implement a real handball match with all their strength and power.
Category
Other

Recruitment centers

1

Recruitment center
Name of recruitment center
Institute of Strategic Studies of The Ministry of Youth and Sports of Zahedan
Full name of responsible person
Street address
Institute of Strategic Studies of the Ministry of Youth and Sports of Zahedan, Felestin Street, Zahedan.
City
Zahedan

Sponsors / Funding sources

1

Sponsor
Name of organization / entity
Vice Chancellor for Research, Sistan and Baluchestan University
Full name of responsible person
Dr Dor Mohammad Kordi Tamandani
Street address
Blvd Daneshgah, Zahedan
City
Zahedan
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, Sistan and Baluchestan 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
Sistan and Baluchestan University
Full name of responsible person
Dr Mohsen Ghofrani
Position
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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