Clinical Trial Protocol
Iranian Registry of Clinical Trials

22 Nov 2026

The effect of eight weeks elastic bands resistance training along with green coffee supplementation on lipid profiles and atherogenic index of plasma in obese women

Protocol summary

Summary

The main purpose of this study is to investigate the effect of eight weeks elastic bands resistance training along with green coffee supplementation on lipid profiles and atherogenic index of plasma in obese women. Design and method of study: This study is an interventional and single blind research (related to the subjects of the study). 88 overweight female (aged 30-50 years, body mass index >30 kg/m2) are selected and randomly (based on random numbers table) will be divided into four groups of 22 participants: green coffee (GC), resistance band training with green coffee (RBT+GC), resistance band training (RBT) and control (C) groups. Subjects in green coffee supplementation group receive 400 mg capsules containing green coffee extract daily for 8 weeks. Elastic band training will be performed three sessions a week in an eight week period. The ten different exercises, three set for each exercise done. Inclusion criteria: female; age between 30 to 50 years old; obesity (BMI>30); green coffee insensitivity; the level of physical and mental health. Exclusion criteria: history of cardiovascular diseases; cancer; diabetes; kidney and liver disease; weight-loss dietary adherence; weight changes over 5 kg in the last three months; irregular menstrual cycle. Primary outcome: the lipid profiles and atherogenic index will be evaluated 24 hours before and 48 hours after training program.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2017090419995N9**
Registration date: **2017-10-04, 1396/07/12**
Registration timing: **retrospective**

Last update:
Update count: **0**

Registration date

2017-10-04, 1396/07/12

Registrant information

Name
Zahra Mardanpour Shahrekordi
Name of organization / entity
Shahrekord University
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Iran (Islamic Republic of)
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Recruitment status

Recruitment complete

Funding source

Vice chancellor for research, Shahrekord University

Expected recruitment start date

2017-04-09, 1396/01/20

Expected recruitment end date

2017-04-16, 1396/01/27

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effect of eight weeks elastic bands resistance training along with green coffee supplementation on lipid profiles and atherogenic index of plasma in obese women

Public title

The effect of eight weeks resistance training along with

green coffee supplementation in obese women

Purpose

Prevention

Inclusion/Exclusion criteria

Inclusion criteria: female; age between 30 to 50 years old; obesity (BMI>30); green coffee insensitivity; the level of physical and mental health. Exclusion criteria: history of cardiovascular diseases; cancer; diabetes; kidney and liver disease; weight-loss dietary adherence; weight changes over 5 kg in the last three months; irregular menstrual cycle.

Age

From **30 years** old to **50 years** old

Gender

Female

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **88**

Randomization (investigator's opinion)

Randomized

Randomization description

Blinding (investigator's opinion)

Single blinded

Blinding description

Placebo

Used

Assignment

Crossover

Other design features

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

2017-02-19, 1395/12/01

Ethics committee reference number

95/125

Health conditions studied

1

Description of health condition studied

Obesity

ICD-10 code

E66.0

ICD-10 code description

Obesity due to excess calories

Primary outcomes

1

Description

Lipid profiles (TG, TC, HDL-C and LDL-C)

Timepoint

Before and after 8 weeks of intervention

Method of measurement

Blood samples

2

Description

Atherogenic Index (AIP)

Timepoint

Before and after 8 weeks of intervention

Method of measurement

the logarithmic equation of TG to HDL-C ratio

Secondary outcomes

1

Description

Body fat percent

Timepoint

Before and after 8 weeks of intervention

Method of measurement

Use the Harpenden model calipers

2

Description

Body Mass Index (BMI)

Timepoint

Before and after 8 weeks of intervention

Method of measurement

Weight divided by height squared

3

Description

Weight

Timepoint

Before and after 8 weeks of intervention

Method of measurement

Weight meter

Intervention groups

1

Description

Intervention group 1: Subjects in green coffee supplementation group receive 400 mg capsules containing green coffee extract daily for 8 weeks.

Category

Treatment - Drugs

2

Description
Intervention group 2: Resistance band training with green coffee group, Subjects in this group in addition to received 400 mg capsules containing green coffee extract daily, elastic band training will be performed three sessions a week in an eight week period.
Category
Other

3

Description
Intervention group 3: Resistance band training group, in this group will be performed elastic band training three sessions a week in eight week. In each session of Resistance band training are performed 10 exercises in 3 cycles for each exercise.
Category
Other

4

Description
Control group: The control group consume one daily capsule containing roasted wheat flour with the same appearance as the original supplement (as placebo).
Category
Placebo

Recruitment centers

1

Recruitment center
Name of recruitment center
Emam Ali medical clinic
Full name of responsible person
Dr Tina Jafari
Street address
Emam Ali medical clinic, Shariaati street, Shahrekord
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Shahrekord

Sponsors / Funding sources

1

Sponsor
Name of organization / entity
Vice chancellor for research, Shahrekord University
Full name of responsible person
Dr Mohammad Faramarzi
Street address
Vice Chancellor for research, Shahrekord University, 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
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 of Medical Sciences
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Person responsible for scientific inquiries

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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