

Clinical Trial Protocol

Iranian Registry of Clinical Trials

18 Sep 2026

The effect of 8 weeks combination exercises on Mental Health and CD4 count in HIV+ women in Shiraz

Protocol summary

Summary

The purpose of this study is to determine the impact of a 12-week aerobic and resistance exercise training program on mental health and CD4 counts among female HIV+ patients. Thirty HIV+ women with age range 20-40 years (inclusion criteria) without any implications for Diagnoses of any other current opportunistic infection (exclusion criteria) , will select voluntarily among 240 HIV+ female patients referring to Voluntary counseling Counseling and treatment Treatment Center (VCT) and randomly will be divided into two control (n = 15) and experimental group (n = 15). After providing informed consent, all participants will complete the GHQ28 questionnaire in order to assess their mental health status and the blood samples will also be collected to measure the CD4+ T cell count before and after the intervention. The experimental group will participate in a 12 (3 day/week) week supervised combined aerobic and resistance exercise program. Two groups will be compared after interventions. The researchers hypothesize that the experimental group, compared to the study controls, would have improved in CD4 counts and mental health after interventional program.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2015020220910N1**

Registration date: **2015-02-28, 1393/12/09**

Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2015-02-28, 1393/12/09

Registrant information

Name

Mohammad Ali Davarpanah

Name of organization / entity

Shiraz University of Medical Science

Country

Iran (Islamic Republic of)

Phone

+98 71 3738 6272

Email address

davarpanah@sums.ac.ir

Recruitment status

Recruitment complete

Funding source

Vice Chancellor for Research of Shiraz University of Medical Sciences

Expected recruitment start date

2014-06-22, 1393/04/01

Expected recruitment end date

2014-09-23, 1393/07/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effect of 8 weeks combination exercises on Mental Health and CD4 count in HIV+ women in Shiraz

Public title

The effect of exercises on Mental Health and CD4 count

Purpose

Supportive

Inclusion/Exclusion criteria

Inclusion Criteria: All women diagnosed with HIV infection with CD4+ T cell count ≥ 350 cells/mm³; age range between 20-40 years. Exclusion Criteria: Entry to AIDS step; implications for Diagnoses of any other current

opportunistic infection such as TB; pregnancy and suffering from severe symptoms which made it difficult for them to do the exercises.

Age

From **20 years** old to **40 years** old

Gender

Female

Phase

2

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

The Ethics Committee of Shiraz University of Medical Sciences

Street address

7th Floor, Central Building, Shiraz University of Medical Sciences, Zand Ave, Shiraz, Iran

City

Shiraz

Postal code

Approval date

2014-08-03, 1393/05/12

Ethics committee reference number

C-T-P-93/78-7258

Health conditions studied

1

Description of health condition studied

Mental Health

ICD-10 code

zo4.8

ICD-10 code description

Examination and observation for other specified reasons

Primary outcomes

1

Description

CD4 General Health

Timepoint

3 Months

Method of measurement

Questionary Sample

Secondary outcomes

1

Description

BMI

Timepoint

3 Months

Method of measurement

BMI Instrument

Intervention groups

1

Description

Control group will receive no exercise during 3 mounts.

Category

Other

2

Description

The intervention group will participate in a 12 (3 day/week) week supervised combined aerobic and resistance exercise program. The exercise group trained for 90 min/day. The program was comprised of warm-up (20 min), combined exercises (60 min), and cool down for 10 min.

Category

Other

Recruitment centers

1

Recruitment center

Name of recruitment center

Voluntary Counseling and Treatment Center(VCT)

Full name of responsible person

Mahmood AminiLari

Street address

Voluntary Counseling and Testing Center, Lavan Ave, Delavaran-e Basij Blvd, Khatoun Sq, Shiraz, Fars, Iran Shiraz

City

Shiraz

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Vice Chancellor for research of Shiraz University of Medical Sciences

Full name of responsible person

Dr.Poostfroosh

Street address

2nd floor, Voluntary Counseling and Testing Center, Lavan Ave, Delavaran-e Basij Blvd, Khatoun Sq, Shiraz, Fars, Iran

City

Shiraz

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 of Shiraz University of Medical Sciences

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**

Shiraz HIV/ AIDS Research Center, Shiraz University of Medical Science

Full name of responsible person

Mahmood AminiLari

Position

Executive Director/ MA

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

2nd floor, Voluntary Counseling and Testing Center, Lavan Ave, Delavaran-e Basij Blvd, Khatoun Sq, Shiraz, Fars, Iran

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Person responsible for scientific inquiries

Contact**Name of organization / entity**

Shiraz HIV/AIDS Research Center, Shiraz University of Medical Sciences

Full name of responsible person

MohammadAli Davarpanah

Position

Infectious disease

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Person responsible for updating data

Contact**Name of organization / entity**

Shiraz HIV/AIDS Research Center, Shiraz University of Medical Sciences

Full name of responsible person

Mahmood AminiLari

Position

Executive Director / MA

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Email

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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