

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

10 Jun 2026

### The Effect of 8 Week Aerobic Moderate Intensity Exercise And Omega 3Supplementation On Total Antioxidant Capacity And Hydrogen Peroxide In Young Untrained Men

#### Protocol summary

##### Summary

aim of this research was the investigation The effect of 8 week aerobic moderate intensity exercise and Omega 3 supplementation on Total antioxidant capacity and hydrogen peroxide in young untrained men. in this research among the volunteers, 20 subject participated in the study in two groups of omega-3 Supplements with moderate exercise and only moderate exercise and the duration of study was 8 weeks. Blood sample were taken in Basal state, after 4 week and 8 week in both groups for evaluation of Total antioxidant capacity and Hydrogen peroxide levels

#### General information

##### Acronym

##### IRCT registration information

IRCT registration number: **IRCT2015053122271N1**

Registration date: **2015-05-31, 1394/03/10**

Registration timing: **retrospective**

Last update:

Update count: **0**

##### Registration date

2015-05-31, 1394/03/10

##### Registrant information

##### Name

Mohammad Amin Yahyazadeh

##### Name of organization / entity

Lorestan University

##### Country

Iran (Islamic Republic of)

##### Phone

+98 66 3312 0106

##### Email address

yahyazadeh.ma@fh.lu.ac.ir

##### Recruitment status

**Recruitment complete**

##### Funding source

Lorestan University

##### Expected recruitment start date

2014-12-22, 1393/10/01

##### Expected recruitment end date

2015-02-20, 1393/12/01

##### Actual recruitment start date

empty

##### Actual recruitment end date

empty

##### Trial completion date

empty

##### Scientific title

The Effect of 8 Week Aerobic Moderate Intensity Exercise And Omega 3Supplementation On Total Antioxidant Capacity And Hydrogen Peroxide In Young Untrained Men

##### Public title

The Effect of Omega 3 Supplementation On Antioxidant And Oxidant Markers In Untrained Men

##### Purpose

Prevention

##### Inclusion/Exclusion criteria

Inclusion criteria: Being in the age range 20 to 25, being male, No history of regular exercise Exclusion criteria: Having a chronic disease, Having a food allergies

##### Age

From **20 years** old to **25 years** old

##### Gender

Male

##### Phase

N/A

##### Groups that have been masked

*No information*

##### Sample size

Target sample size: **20**  
**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**  
Lerstan University  
**Street address**  
Khoram Abad  
**City**  
Khoram Abad  
**Postal code**  
**Approval date**  
2014-12-17, 1393/09/26  
**Ethics committee reference number**  
93.352

## Health conditions studied

### 1

**Description of health condition studied**  
immunological  
**ICD-10 code**  
R76  
**ICD-10 code description**  
Other abnormal immunological findings in serum

## Primary outcomes

### 1

**Description**  
Total Antioxidant Capacity  
**Timepoint**  
Basal State, 4 week, 8 week  
**Method of measurement**  
autoanalyzer

### 2

**Description**  
Hydrogen Peroxide  
**Timepoint**  
Basal State, 4 week, 8 week

## Method of measurement

autoanalyzer

## Secondary outcomes

empty

## Intervention groups

### 1

#### Description

Blood samples were taken at the basal state from the omega-3 supplementation with physical activity. Then, this group consumed capsules containing 1000 mg of omega-3 per day (for 8 weeks) and also participated in 8 weeks (3 per week) of moderate-intensity exercise. Blood samples were taken again after the fourth and eighth weeks.

#### Category

Prevention

### 2

#### Description

Blood samples were taken at the basal state from the physical activity group. Then, this group participated in 8 weeks (3 per week) of moderate-intensity exercise. Blood samples were taken again after the fourth and eighth weeks.

#### Category

Prevention

## Recruitment centers

### 1

#### Recruitment center

**Name of recruitment center**  
Lorestan Univesrity  
**Full name of responsible person**  
Mohammad Amin Yahyazadeh  
**Street address**  
Khoram Abad, Lorestan  
**City**  
Khoram Abad

## Sponsors / Funding sources

### 1

#### Sponsor

**Name of organization / entity**  
Sciences Vice Chancellor for Research of Lorestan University  
**Full name of responsible person**  
Dr Hasan Naebzadeh  
**Street address**  
Khoram Abad, Lorestan  
**City**  
Khoram Abad  
**Grant name**

**Grant code / Reference number**  
**Is the source of funding the same sponsor organization/entity?**  
Yes  
**Title of funding source**  
Sciences Vice Chancellor for Research of Lorestan 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**  
Lorestan Univesrity  
**Full name of responsible person**  
Mohammad Amin Yahyazadeh  
**Position**  
MSC  
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**Web page address**

## Person responsible for scientific inquiries

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## Person responsible for updating data

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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*