Clinical Trial Protocol
Iranian Registry of Clinical Trials

22 Nov 2026

The Effect of 8 Week Aerobic Moderate Intensity Exercise And Omega 3Ssupplementation 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)
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+98 66 3312 0106
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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 3Ssupplementation 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
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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