

Clinical Trial Protocol

Iranian Registry of Clinical Trials

20 Jun 2026

The comparison between the effect of aerobic exercise and no exercise on salivary immunoglobulin A and cortisol in children with allergic rhinitis.

Protocol summary

Summary

Aim: The study aim to compare the effects of aerobic exercise and no exercise on salivary immunoglobulin A and cortisol in children with allergic rhinitis. Design: This is a controlled clinical trial. Setting and conduct: 19 children with allergic rhinitis aged between 6 to 7 years will tend voluntarily in this study and will be randomly divided into experimental and control groups. Major inclusion and exclusion criteria: The inclusion criteria are 6 to 7 years of age, and allergic rhinitis. The exclusion criteria is no willing to attend in this study. Intervention: Subjects in the experimental group will participate in aerobic exercise program for 6 weeks. The control group will not attend in any exercise program. Main outcome measures: The levels of immunoglobulin A and cortisol will be measured.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2015062622498N2**

Registration date: **2015-08-03, 1394/05/12**

Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2015-08-03, 1394/05/12

Registrant information

Name

Ramin Shabani

Name of organization / entity

Islamic Azad University

Country

Iran (Islamic Republic of)

Phone

+98 13 3375 2715

Email address

shabani@iaurasht.ac.ir

Recruitment status

Recruitment complete

Funding source

Investigator

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 comparison between the effect of aerobic exercise and no exercise on salivary immunoglobulin A and cortisol in children with allergic rhinitis.

Public title

The comparison between the effect of aerobic exercise and no exercise on salivary immunoglobulin A and cortisol in children with allergic rhinitis.

Purpose

Supportive

Inclusion/Exclusion criteria

Inclusion criteria: children aged 6 to 7 years old; and allergic rhinitis Exclusion criteria: no willing to participate.

Age

From **6 years** old to **7 years** old

Gender

Male

Phase
N/A

Groups that have been masked
No information

Sample size
Target sample size: 19

Randomization (investigator's opinion)
Randomized

Randomization description

Blinding (investigator's opinion)
Not blinded

Blinding description

Placebo
Not used

Assignment
Parallel

Other design features
The randomization by closed pockets

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Ethics Committee of Islamic Azad University Rasht
Branch

Street address

Taleshan Bridge, Azad University

City

Rasht

Postal code

3516141335

Approval date

2014-08-23, 1393/06/01

Ethics committee reference number

11721404822004

Health conditions studied

1

Description of health condition studied

Allergic Rhinitis

ICD-10 code

J30

ICD-10 code description

Vasomotor and allergic rhinitis

Primary outcomes

1

Description

Immunoglobulin A level

Timepoint

Before aerobic exercise and after the end of the period

Method of measurement

Immunoglobulin A specific kits

2

Description

Cortisol

Timepoint

Before aerobic exercise and after the end of the period

Method of measurement

Cortisol specific kits

Secondary outcomes

empty

Intervention groups

1

Description

control group: no Intervention will be performed.

Category

N/A

2

Description

Intervention group 1: 6 weeks aerobic exercise with 60 minutes Length, 3 Sessions per week including 10 Minutes Warm up, 10 Minutes Cool down and 40 minutes aerobic exercise with moderate intensity.

Category

Lifestyle

Recruitment centers

1

Recruitment center

Name of recruitment center

Sarafraz School

Full name of responsible person

Shiva Nemati

Street address

Loghman Alley, Moallem Street

City

Rasht

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

-

Full name of responsible person

-

Street address

-

City

-

Grant name

Grant code / Reference number
Is the source of funding the same sponsor organization/entity?

Yes

Title of funding source

-

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

Azad University Rasht Branch

Full name of responsible person

Ramin Shabani

Position

Assistant Professor

Other areas of specialty/work

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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