Clinical Trial Protocol
Iranian Registry of Clinical Trials

16 Sep 2026

The comparison between the effect of aerobic exercise and no excercise 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)

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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 excercise on salivary immunoglobulin A and cortisol in children with allergic rhinitis.

Public title

The comparison between the effect of aerobic exercise and no excercise 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 Lenght, 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
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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