

Clinical Trial Protocol

Iranian Registry of Clinical Trials

08 Jul 2026

Comparison the effects of a period of concurrent training on some physical fitness factors, body composition and blood biochemical parameters and glucose homeostasis and leptin,cortisol and testosterone and levels of inflammatory and coagulation markers with normal weight and obese

Protocol summary

Summary

The main objective of this research Comparison the effects of a period of concurrent training on some physical fitness factors, body composition and blood biochemical parameters and glucose homeostasis and leptin,cortisol and testosterone and levels of inflammatory and coagulation markers with normal weight and obese Design: Is a prevention trial. How do 30girls 15-13 years Voluntarily In this study, there will be Which is based on objective In two groups 15 people Normal weigh and Obese Divided. Exclusion criteria: Unwillingness to participate in research Interventions: Subjects For 6 weeks in Schedule At the same time exercise endurance and Pilates Will participate. Changes the primary outcome: Glucose homeostasis, Blood biochemical parameters and leptin,cortisol and testosterone and levels of inflammatory and coagulation markers , Fitness tests Contains : Shuttle run test and Wingate Also Body Composition Will be examined

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2016022222498N7**
Registration date: **2016-09-13, 1395/06/23**
Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2016-09-13, 1395/06/23

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

Vice Chancelior of Reserch,University of Islamic Azad,RashtBrach

Expected recruitment start date

2015-06-22, 1394/04/01

Expected recruitment end date

2015-07-23, 1394/05/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Comparison the effects of a period of concurrent training on some physical fitness factors, body composition and blood biochemical parameters and glucose homeostasis and leptin,cortisol and testosterone and levels of inflammatory and coagulation markers with normal weight and obese

Public title

Comparison the effects of a period of concurrent training on some physical fitness factors, body composition and blood biochemical parameters and glucose homeostasis and leptin, cortisol and testosterone and levels of inflammatory and coagulation markers with normal weight and obese female students

Purpose

Prevention

Inclusion/Exclusion criteria

Inclusion criteria: female students aged 13 to 15 years old; and with normal weight and obese Exclusion criteria: Unwillingness to participate.

Age

From **81 years** old to **79 years** old

Gender

Female

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **30**

Randomization (investigator's opinion)

N/A

Randomization description

Blinding (investigator's opinion)

Not blinded

Blinding description

Placebo

Not used

Assignment

Single

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Ethics Committee of Islamic Azad University, Rasht, Science and R

Street address

Lakan Gate, Azad University Of Rasht Branch, Guilan

City

Rasht

Postal code

Approval date

2015-08-11, 1394/05/20

Ethics committee reference number

IR.IAU.RASHT.REC.1395.5

Health conditions studied

1

Description of health condition studied

Obesity

ICD-10 code

E66.0

ICD-10 code description

Obesity due to excess calories

Primary outcomes

1

Description

Insulin resistance

Timepoint

Before and after 6 Week exercise

Method of measurement

it was measured with HOMA-IR index

2

Description

Insulin

Timepoint

Before and after 6 Week exercise

Method of measurement

According mg/dl and Blood samples

3

Description

Fasting blood glucose

Timepoint

Before and after 6 Week exercise

Method of measurement

According mg/dl and Blood samples

4

Description

Total Cholesterol

Timepoint

Before and after 6 Week exercise

Method of measurement

According mg/dl and Blood samples

5

Description

Triglycerides

Timepoint

Before and after 6 Week exercise

Method of measurement

According mg/dl and Blood samples

6

Description

High-density Lipoprotein

Timepoint

Before and after 6 Week exercise

Method of measurement

According mg/dl and Blood samples

7

Description

Low-densityLipoprotein

Timepoint

Before and after 6 Weekexerciese

Method of measurement

Accordingmg/dl and Blood samples

8

Description

Cortisol

Timepoint

Before and after 6 Weekexerciese

Method of measurement

Specific Kits

9

Description

Testosterone

Timepoint

Before and after 6 Weekexerciese

Method of measurement

Specific Kits

10

Description

Leptin

Timepoint

Before and after 6 Weekexerciese

Method of measurement

Specific Kits

11

Description

Inflammatory markers and coagulation

Timepoint

Before and after 6 Weekexerciese

Method of measurement

Specific Kits

12

Description

Fibrinogen

Timepoint

Before and after 6 Weekexerciese

Method of measurement

Specific Kits

13

Description

Hs-CRP

Timepoint

Before and after 6 Weekexerciese

Method of measurement

Specific Kits

14

Description

CBC

Timepoint

Before and after 6 Weekexerciese

Method of measurement

Specific Kits

Secondary outcomes

1

Description

Fitness Indicators

Timepoint

Befor Exercise Training-6Week after Excercise Training

Method of measurement

Shattel run Test-wingate Test

2

Description

Body composition

Timepoint

Before Exercise Training-6Week after Excercise Training

Method of measurement

BMI-WHR-BF%

Intervention groups

1

Description

6 weeks endurance and pilates concurrent Exercises

Category

N/A

Recruitment centers

1

Recruitment center

Name of recruitment center

Education

Full name of responsible person

Najmeh Abbaspour

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Lakan, Rasht

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Vice chancellor for research, University of Islamic
Azad, Science and Research of Rasht branch

Full name of responsible person

Dr Ramin Shabani

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Lakan Gate, Azad University, Rasht Branch

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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, University of Islamic Azad, Science and Research of Rasht branch

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**

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Faeghe gahangiri

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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