

Clinical Trial Protocol

Iranian Registry of Clinical Trials

09 Jun 2026

Effect of resistance training on blood cortisol and testosterone levels, physical activity and body composition in washed out males from methamphetamine addiction in rehabilitation period

Protocol summary

Summary

Objectives: The aim of this study is to evaluate the effect of resistance training on blood cortisol and testosterone levels, physical activity and body composition in males washed out from methamphetamine addiction in rehabilitation period. **Design:** Semi-empirical, purposively and voluntary **Setting and conduct:** Before and after the exercise protocol the cortisol, testosterone, body composition and physical fitness will be measured. **Participants:** Through 43 males washed out from methamphetamine addiction in rehabilitation period that resident in the therapeutic community center, 20 volunteers will be select and randomly assigned into to two training and control groups. **Inclusion major criteria:** Will be including have physical health, not have an infectious and communicable disease and lack of consumption effective supplements. **Exclusion major criteria:** Will be including absence for 3-4 continues sessions. **Intervention:** The training group will be doing exercise for 8 weeks, three times per week at 50-80 Percent of one repetition maximum. **Main outcome measures:** Serum levels of cortisol and testosterone

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2017010322498N12**
Registration date: **2017-03-05, 1395/12/15**
Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2017-03-05, 1395/12/15

Registrant information

Name

Ramin Shabani

Name of organization / entity

Islamic Azad University

Country

Iran (Islamic Republic of)

Phone

+98 13 3375 2715

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Recruitment status

Recruitment complete

Funding source

Investigator

Expected recruitment start date

2016-04-13, 1395/01/25

Expected recruitment end date

2016-06-20, 1395/03/31

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Effect of resistance training on blood cortisol and testosterone levels, physical activity and body composition in washed out males from methamphetamine addiction in rehabilitation period

Public title

Resistance training cortisol testosterone washed out males from methamphetamine addiction

Purpose

Supportive

Inclusion/Exclusion criteria

Inclusions criteria: Be man; Be washed out from

methamphetamine addiction in rehabilitation period; Be resident in therapeutic community center; Have physical health; Not have infectious and communicable disease and lack of consumption effective supplements Exclusion criteria: Absence for 3-4 continues sessions

Age

From **24 years** old to **36 years** old

Gender

Male

Phase

2

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

Ethics Committee, Islamic Azad University Rasht
Branch

Street address

Rasht, Taleshan Bridge, Islamic Azad University Rasht
Branch

City

Rasht

Postal code

Approval date

2017-01-17, 1395/10/28

Ethics committee reference number

IR.IAU.RASHT.REC.1395.43

Health conditions studied

1

Description of health condition studied

Washed out males from methamphetamine addiction in rehabilitation period

ICD-10 code

Z50.1

ICD-10 code description

Therapeutic and remedial exercises

Primary outcomes

1

Description

Testosterone

Timepoint

Before and after 8 weeks training

Method of measurement

Serum levels using immunoassay method (ng/ml)

2

Description

Cortisol

Timepoint

Before and after 8 weeks training

Method of measurement

Serum levels using immunoassay method (µg/ml)

Secondary outcomes

1

Description

Physical activity

Timepoint

Before and after 8 weeks training

Method of measurement

Muscle straight and muscle endurance

2

Description

Body composition

Timepoint

Before and after 8 weeks training

Method of measurement

Body mass index, waist to hip ratio, body fat percent, arm circumference and chest circumference

Intervention groups

1

Description

Control group doing their usual activities

Category

Other

2

Description

Resistance training group 8 weeks, three times per week, at 50-80 percent of one repetition maximum

Category

Other

Recruitment centers

1

Recruitment center

Name of recruitment center

Therapeutic Community Center

Full name of responsible person

Narjes Pour Mirzai

Street address

Rasht, Zybakna Roud

City

Rasht

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Vice Chancellor for Research, Islamic Azad University
Rasht Branch

Full name of responsible person

Ali Delpasand

Street address

Rasht, Taleshan Bridge, Islamic Azad University Rasht
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City

Rasht

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, Islamic Azad University
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

Islamic Azad University Rasht Branch

Full name of responsible person

Narjes Pour Mirzai

Position

MA

Other areas of specialty/work

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Web page address

Person responsible for scientific inquiries

Contact

Name of organization / entity

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Person responsible for updating data

Contact

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Fatemeh Izaddoust

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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