

Clinical Trial Protocol

Iranian Registry of Clinical Trials

21 Jul 2026

Comparing the Effect of a Period of Weight Training and Green Tea Supplement with Control Group on Cardiovascular Risk Factors among Over weight and Obese Men

Protocol summary

Summary

General Goal: Determination of A Period of Weight Training and Green Tea Supplement Effect on Cardiovascular Risk Factors Among Over weight and Obese Men Research Design: Randomized Inclusion criteria: men who have Body Mass Index(BMI) between 25 to 35 kg/m²; age between 27 to 42; lack of weight loss reduction; lack of any operation in spinal cord; lack of chronic backache; lack of deformity; non-smoker; lack of asthma history; lack of special disease and fracture Exclusion criteria: refusal from taking part in the research Sample size: 60 peoples Intervention case: Resistance exercise and Green Tea Supplement primary outcome: LDL, HDL, Tam Cholesterol, Triglyceride, Glucose, Insulin, Insulin Resistance, Body Mass Index (BMI), Waist to Hip Ratio (WHR), Body Fat Percentage

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2015122423216N2**
Registration date: **2016-02-11, 1394/11/22**
Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2016-02-11, 1394/11/22

Registrant information

Name

Said Amini Rarani

Name of organization / entity

Isfahan University of Medical Sciences

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Iran (Islamic Republic of)

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ghadami@mui.ac.ir

Recruitment status

Recruitment complete

Funding source

Investigator

Expected recruitment start date

2014-09-23, 1393/07/01

Expected recruitment end date

2014-12-22, 1393/10/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Comparing the Effect of a Period of Weight Training and Green Tea Supplement with Control Group on Cardiovascular Risk Factors among Over weight and Obese Men

Public title

The Effect of Weight Training and Green Tea Supplement On Cardiovascular Risk Factors

Purpose

Prevention

Inclusion/Exclusion criteria

Inclusion criteria: men who have Body Mass Index(BMI) between 25 to 35 kg/m²; age between 27 to 42; lack of weight loss reduction; lack of any operation in spinal cord; lack of chronic backache; lack of deformity; non-smoker; lack of asthma history; lack of special disease and fracture Exclusion criteria: refusal from taking part in the research

Age

From **27 years** old to **42 years** old

Gender

Male

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **60**

Randomization (investigator's opinion)

Randomized

Randomization description

Blinding (investigator's opinion)

Not blinded

Blinding description

Placebo

Not used

Assignment

Factorial

Other design features

60 volunteers were randomly divided (lucky draw) to four groups of 15 subjects (15 subjects in each group)

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Ethics committee of Islamic Azad University, Mahallat Branch

Street address

Iran, Mahallat, Ayatollah khamenei Blvd, Daneshgah Street, Islamic Azad university, Mahallat Branch

City

Mahallat

Postal code

8159314855

Approval date

2014-03-11, 1392/12/20

Ethics committee reference number

05.7425

Health conditions studied

1

Description of health condition studied

Cardiovascular Disease

ICD-10 code

I51.9

ICD-10 code description

Heart disease, unspecified

2

Description of health condition studied

obesity

ICD-10 code

E66.9

ICD-10 code description

Obesity, unspecified

Primary outcomes

1

Description

Glucose

Timepoint

Before Intervention and 8 Weeks After of Intervention

Method of measurement

Blood serum

2

Description

Tam Cholesterol

Timepoint

Before Intervention and 8 Weeks After of Intervention

Method of measurement

Blood serum

3

Description

Triglyceride

Timepoint

Before Intervention and 8 Weeks After of Intervention

Method of measurement

Blood serum

4

Description

Insulin Resistance Index

Timepoint

Before Intervention and 8 Weeks After of Intervention

Method of measurement

Calculation by formula

5

Description

Insulin

Timepoint

Before Intervention and 8 Weeks After of Intervention

Method of measurement

Blood serum

6

Description

LDL

Timepoint

Before Intervention and 8 Weeks After of Intervention

Method of measurement

Blood serum

7

Description

Body Mass Index (BMI)

Timepoint

Before Intervention and 8 Weeks After of Intervention

Method of measurement

Calculation by formula

8

Description

Waist to Hip Ratio (WHR)

Timepoint

Before Intervention and 8 Weeks After of Intervention

Method of measurement

Calculation by formula

9

Description

Body Fat Percentage

Timepoint

Before Intervention and 8 Weeks After of Intervention

Method of measurement

Calculation by Tools

10

Description

HDL

Timepoint

Before Intervention and 8 Weeks After of Intervention

Method of measurement

Blood serum

Secondary outcomes

empty

Intervention groups

1

Description

Weight Training group: The Weight Training includes 3 session per week by 70 to 80 percent intensity a maximum repeat during the 8 weeks

Category

Prevention

2

Description

green tea group: The green tea supplement consisted of three 500 mgs pills of standard green tea leaf per day

Category

Prevention

3

Description

Weight Training along with the green tea group: The Weight Training includes 3 sessions per week by 70 to 80 percent intensity a maximum repeat during the 8 weeks. The green tea supplement consisted of three 500 mgs pills of standard green tea leaf per day

Category

Prevention

4

Description

Control group: participants have not received any exercise and green tea during the trials

Category

Prevention

Recruitment centers

1

Recruitment center

Name of recruitment center

Islamic Azad university, Mahallat Branch

Full name of responsible person

Jalal Poorfakhimi Abarghui

Street address

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Vice chancellor for research, Islamic Azad University, Mahallat Branch

Full name of responsible person

Amir Teimur Rafii

Street address

Iran, Mahallat, Ayatollah khamenei Blvd, Daneshgah Street, Islamic Azad University, Mahallat Branch

City

Mahallat

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, Mahallat 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

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Person responsible for general inquiries

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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