

Clinical Trial Protocol

Iranian Registry of Clinical Trials

11 Sep 2026

Effects of Aerobic Exercise on Hematologic Indices of Women with Rheumatoid Arthritis

Protocol summary

Summary

The aim of the current study is to investigate the effects of 8 weeks aerobic exercise on the some hematologic factors of patients with RA. Design: In this clinical trial study, 33 women with RA participated voluntarily in this study. All the participants were randomly assigned to two study groups, control (17) and training (16) that using a computer-based random digit generator using the admission numbers. Those who were assigned to the training group were placed in a training program including aerobic cycling which was done on the stationary bike, 3 sessions per week with intensity about 65% of reserved heart rate for 8 weeks. The participants used the same pharmacological treatments. The hemoglobin (Hb), hematocrit and RBC count was measured with standard methods before and after the intervention in all the subjects and compared.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2015072923394N1**

Registration date: **2015-08-28, 1394/06/06**

Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2015-08-28, 1394/06/06

Registrant information

Name

Yaser Jafar Shapoorabadi

Name of organization / entity

shahrekord University

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Iran (Islamic Republic of)

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Recruitment status

Recruitment complete

Funding source

Vice chancellor for research Shahrekord University

Expected recruitment start date

2015-04-13, 1394/01/24

Expected recruitment end date

2015-06-14, 1394/03/24

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Effects of Aerobic Exercise on Hematologic Indices of Women with Rheumatoid Arthritis

Public title

Effects of Aerobic Exercise on Hematologic Indices of Women with Rheumatoid Arthritis

Purpose

Supportive

Inclusion/Exclusion criteria

Inclusion criteria: All patients who had diagnosis of RA with involving their lower limbs; had not participated in any activities at least in the last three years; They should be able to do exercise protocols of this study. Exclusion criteria: Individuals had any known heart diseases; renal; pulmonary or liver disorders; diabet and duodenal ulcer; Also if they had self-medication; didn't have any leaning to continue the study.

Age

From **18 years** old to **70 years** old

Gender

Female

Phase
N/A

Groups that have been masked
No information

Sample size
Target sample size: **51**

Randomization (investigator's opinion)
Randomized

Randomization description

Blinding (investigator's opinion)
Double blinded

Blinding description

Placebo
Not used

Assignment
Parallel

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Sarekord University

Street address

Sharekord University, rahbar Boulevard, Chaharmahal
Bakhtiari ,iran

City

Sharekord

Postal code

Approval date

2011-03-14, 1389/12/23

Ethics committee reference number

122/5726

Health conditions studied

1

Description of health condition studied

Rheumatoid arthritis

ICD-10 code

M05.3

ICD-10 code description

Rheumatoid arthritis with involvement of other organs
and systems

Primary outcomes

1

Description

Hematologic Indices

Timepoint

two days before and after the training period in a fasting

status

Method of measurement

Blood cell differential count, Counter XL22

Secondary outcomes

1

Description

Quality of life

Timepoint

Before the intervention and 2 months after the
intervention.

Method of measurement

Questionnaires

Intervention groups

1

Description

Control group: patients in control group used only
pharmacological treatments (methotrexate 7.5 mg per
week and prednisolone 5 mg per day). They didn't
participate in any exercise programs.

Category

Treatment - Drugs

2

Description

Intervention group: patients in training group, in addition
to use methotrexate 7.5 mg per week and prednisolone
5 mg per day, they participated in an aerobic cycling
exercise which was done on the stationary bike, 3
sessions per week for 8 weeks that based on the
principles of exercise science, under the supervision of a
sport medicine and consulting with the treating
physician.

Category

Rehabilitation

Recruitment centers

1

Recruitment center

Name of recruitment center

Esfahan Alzahra Hospital

Full name of responsible person

Dr Mansour Salesi

Street address

Department of Rheumatology, Alzahra Hospital, Sofe
Avenue, Esfahan, Iran

City

Esfahan

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Shahrekord University

Full name of responsible person

Dr Mortza Hosseini

Street address

Vice chancellery of Research, Shahrekord University,
Rahbar Boulevard, Chaharmahal Bakhtiari ,Iran

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Shahrekord

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

Yes

Title of funding source

Shahrekord University

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**

Sahrekord University

Full name of responsible person

Yaser Jafari

Position

Exercise Physiology, Master of Sciencet

Other areas of specialty/work**Street address**

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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