

Clinical Trial Protocol

Iranian Registry of Clinical Trials

18 Jun 2026

The effect of regular aerobic exercise on positive and negative symptoms and quality of life of patients with schizophrenia Razi university hospital. A double blinded study

Protocol summary

Summary

This study is a randomized clinical trial to evaluate the effect of regular aerobic exercise on positive and negative symptoms and quality of life of male patients with chronic schizophrenia hospitalized in Razi Psychiatric Center. Researchers first among male patients hospitalized in Razi psychiatric hospital with a diagnosis of chronic schizophrenia, based on inclusion criteria will select and in terms of duration, severity of illness, medication (from a medical family) and two of the same age as two of and then random allocation (randomization) participants into two groups, with the two cards on one of their number 1 (intervention) and on the other card number 2 (control) is written, will be done. The samples selected for each of the cards will be in the intervention and control groups. The training program includes eight weeks, 3 sessions per week and each session includes a 5 minute warm-up program with a variety of Doha, stretching and exercise will be. training is added. after 8 weeks of training at post-test two groups of subjects participate.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2016020823525N3**

Registration date: **2016-02-26, 1394/12/07**

Registration timing: **prospective**

Last update:

Update count: **0**

Registration date

2016-02-26, 1394/12/07

Registrant information

Name

Hossein Namdar Areshtanab

Name of organization / entity

Tabriz University of Medical Sciences

Country

Iran (Islamic Republic of)

Phone

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Recruitment status

Recruitment complete

Funding source

Tabriz University of Medical Sciences

Expected recruitment start date

2016-04-08, 1395/01/20

Expected recruitment end date

2016-07-10, 1395/04/20

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effect of regular aerobic exercise on positive and negative symptoms and quality of life of patients with schizophrenia Razi university hospital. A double blinded study

Public title

The effect of exercise on quality of life in patients with schizophrenia

Purpose

Supportive

Inclusion/Exclusion criteria

Inclusion criteria: a definitive diagnosis of chronic schizophrenia by psychiatrist ; having a complete

physical health to participate in the intervention (physical examination by a doctor and check with previous history of physical illness); the ability to cooperate and respond to Questions ;No problems with foot such as ulceration and scarring; willingness to participate in the study ; aware and alert. Exclusion criteria: physical problems during the intervention ; having cerebral organic lesions; patients who for any reason you wish to continue do not have cooperation; discharge

Age

From **25 years** old to **55 years** old

Gender

Male

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **68**

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

Tabriz University of Medical Sciences

Street address

Golghasht Ave.

City

Tabriz

Postal code

Approval date

2016-02-01, 1394/11/12

Ethics committee reference number

TBZMED.REC.1394.1019

Health conditions studied

1

Description of health condition studied

Schizophrenia

ICD-10 code

F20.0,F20.

ICD-10 code description

Paranoid schizophrenia,Hebephrenic schizophrenia,Catatonic schizophrenia,Undifferentiated schizophrenia,Residual schizophrenia,Schizophrenia, unspecified

Primary outcomes

1

Description

Positive symptoms

Timepoint

A week before the intervention, immediately after intervention

Method of measurement

Anderson positive symptom scale

2

Description

Negative Symptoms

Timepoint

A week before the intervention, immediately after intervention

Method of measurement

Anderson Negative symptom scale

3

Description

Quality of Life

Timepoint

A week before the intervention, immediately after intervention

Method of measurement

Schizophrenic quality of life scale

Secondary outcomes

1

Description

Heart rate at rest

Timepoint

Immediately before the intervention, immediately after intervention

Method of measurement

Beurer rate monitor

2

Description

Age

Timepoint

before the intervention

Method of measurement

year

Intervention groups

1

Description

Regular aerobic exercise Including 3 times a week and each session included a five-minute warm-up program with a light running, stretching and then in the first week, subjects will run at 65% heart rate reserve for 12 minutes that it to 26 minutes at 80% heart rate reserve will be in week eight . Immediately before and after the intervention, blood pressure and heart rate will be measured .As for the control group is considered a walk in the open air.

Category

Other

2

Description

For the control group during the intervention is intended for walking in fresh air.

Category

Other

Recruitment centers

1

Recruitment center

Name of recruitment center

Tabriz Razi hospital

Full name of responsible person

Hossein Namdar Areshtanab

Street address

Tabriz- South Shariati Ave. Nursing and midwifery faculty

City

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Tabriz University of Medical Sciences

Full name of responsible person

Dr. Mohammad Reza Rashidi

Street address

Tabriz-Gholghashet Ave.Vice Chancellor for Research

City

Tabriz

Grant name

Grant code / Reference number

Is the source of funding the same sponsor organization/entity?

Yes

Title of funding source

Tabriz University of Medical Sciences

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

Tabriz university of medical sciences

Full name of responsible person

Shahram Piri

Position

Masters student

Other areas of specialty/work

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Phd in nursing education

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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