Clinical Trial Protocol
Iranian Registry of Clinical Trials

17 Sep 2026

The Effects of 8 weeks aerobic interval training on Vaspin serum level in type2 diabetic women

Protocol summary

Summary

The aim of this study was the investigation of the effect of 8 weeks aerobic interval training on Vaspin serum level in type2 diabetic women. This study is a phase 3 trial that not blinded with a pre-test and post-test and it is done with Quasi-experimental method. For this purpose, 18 women are selected with a history of type 2 diabetes and they were divided into two experimental (n=9) and control (n=9) groups. The aerobic interval training Program was performed respectively 3 minutes of activity, with intensity 70% of maximum heart rate and 2-minute active rest and walk slowly with the intensity of 45-50% of maximum heart rate with 6 replications. According to the fitness level of the patient the severity and number of times were added during a two-month training courses. Serum vaspin concentrations were measured 48 hours before and after the protocol of training by ELISA methods.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2016040723715N2**
Registration date: **2016-04-25, 1395/02/06**
Registration timing: **retrospective**

Last update:
Update count: **0**

Registration date

2016-04-25, 1395/02/06

Registrant information

Name

Somaye Aram

Name of organization / entity

University of Sistan and Baluchestan، Zahedan

Country

Iran (Islamic Republic of)

Phone

+98 54 3350 4189

Email address

m_ghofrani2000@ped.usb.ac.ir

Recruitment status

Recruitment complete

Funding source

Sistan and Baluchestan University of Sistan and Baluchestan.

Expected recruitment start date

2014-07-23, 1393/05/01

Expected recruitment end date

2014-09-23, 1393/07/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The Effects of 8 weeks aerobic interval training on Vaspin serum level in type2 diabetic women

Public title

Effects of aerobic interval training on the treatment of Type 2 diabetes

Purpose

Treatment

Inclusion/Exclusion criteria

Indusion criteria:Women with type 2 diabetes. People that they have diseases such as blood fat , blood pressure : Exclusion criterias

Age

From **45 years** old to **60 years** old

Gender

Female

Phase

3

Groups that have been masked

No information

Sample size

Target sample size: **18**

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 of Zahedan University of Medical Science

Street address

Doctor Hesabi Field , End of Universiy Street

City

Zahedan

Postal code

Approval date

2015-02-16, 1393/11/27

Ethics committee reference number

3049

Health conditions studied

1

Description of health condition studied

Type2 Diabetic

ICD-10 code

E11

ICD-10 code description

Non-insulin-dependent diabetes mellitus

Primary outcomes

1

Description

Serum Vaspine level

Timepoint

After 12 hours of fasting, at 7 or 8 am done. And 48 hours after the last training session

Method of measurement

Using ELISA Kit for Human vaspin company according to the manufacturer's instructions was measured BIOASSAY TECHNOLOGY

Secondary outcomes

empty

Intervention groups

1

Description

Intervention group: The exercise protocol was performed respectively 3 minutes of activity, with intensity 70% of maximum heart rate and 2-minute active rest and walk slowly with the intensity of 45-50% of maximum heart rate with 6 replications

Category

Treatment - Other

2

Description

Control group: There is no training program

Category

Treatment - Other

Recruitment centers

1

Recruitment center

Name of recruitment center

Bimarestan Bahonar-Kerman،Bahonar Hospital-Kerman

Full name of responsible person

Genabzade

Street address

Bahonar Hospital ،Gharani Street ،Kerman

City

Kerman

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Vice choncellor for research University of Sistan and Baluchestan

Full name of responsible person

Dor Mohamad Kord Tamendani

Street address

Central Organization، University of Sistan and Baluchestan

City

Zahedan

Grant name

Grant code / Reference number

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

Yes

Title of funding source

Vice choncellor for research University of Sistan and Baluchestan

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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Position
MSc, Sport Physiology

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