

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

14 Jul 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

Inclusion 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

**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

**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**

University of Sistan and Baluchestan

**Full name of responsible person**

Somaye Aram

**Position**

MSc, Sport Physiology

**Other areas of specialty/work**

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**Full name of responsible person**

Mohsen Ghofrani

**Position**

Associate Professor of Sport Physiology

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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*