Clinical Trial Protocol
Iranian Registry of Clinical Trials

22 Nov 2026

Comparison of effects of sports drinks intake with water in elite female badminton players

Protocol summary

Summary

The current survey will perform to assess the effect of selected sports drinks on exercise performance in elite female badminton players. The participants are 120 female elite badminton players who are volunteering, healthy, 20-26 years old that have at least 3 years professional exercise in badminton. They will exclude this survey if have a serious injury or be non- volunteer. It has tried to cooperate with the participating athletes who traditionally consume two sports drinks named Cytomax and Gatorade, create conditions to temporarily manage their beverage consumption. The survey will be done in an eight week period. Participants will classify into 3 groups, Cytomax (case), Gatorade (case) and water as control compare the effect of drinking these sports drinks on exercise performance variables such as aerobic power, speed, flexibility, agility and muscular endurance.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2015090823946N1**
Registration date: **2015-09-21, 1394/06/30**
Registration timing: **registered_while_recruiting**

Last update:
Update count: **0**

Registration date

2015-09-21, 1394/06/30

Registrant information

Name

Sepideh Mehraein

Name of organization / entity

International Branch of Shahid beheshti University of Medical Sciences and Health Services

Country

Iran (Islamic Republic of)

Phone

+98 21 7711 6396

Email address

a.rashidi@nnftri.ac.ir

Recruitment status

Recruitment complete

Funding source

"International Branch of Shahid Beheshti University of Medical Sciences "

Expected recruitment start date

2015-09-16, 1394/06/25

Expected recruitment end date

2015-11-16, 1394/08/25

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Comparison of effects of sports drinks intake with water in elite female badminton players

Public title

The effect of selected sports drinks on exercise performance in elite female badminton players

Purpose

Health service research

Inclusion/Exclusion criteria

Inclusion criteria: Being volunteer; General health; Female, 20-26 years old; Have At least 3 years professional exercise in badminton. exclusion criteria: Any serious injuries; Non voluntary.

Age

From **20 years** old to **26 years** old

Gender

Female

Phase
N/A
Groups that have been masked
No information
Sample size
Target sample size: **120**
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
The International Branch of Shahid Beheshti University of Medical Sciences & Health Services
Street address
No.19, Shahid Abbaspoor st., Vali-asr Ave.
City
Tehran
Postal code
1434875451
Approval date
2015-02-15, 1393/11/26
Ethics committee reference number
602/92/پ/ت

Health conditions studied

1

Description of health condition studied
exercise performance
ICD-10 code
Z10
ICD-10 code description
Routine general health check-up of defined subpopulation

2

Description of health condition studied
examination for participation in sport
ICD-10 code
Z02
ICD-10 code description
Examination and encounter for administrative purposes

3

Description of health condition studied
nutrition assessment
ICD-10 code
E63
ICD-10 code description
Other nutritional deficiencies

4

Description of health condition studied
Assessment of fluid intake
ICD-10 code
R63
ICD-10 code description
Symptoms and signs concerning food and fluid intake

Primary outcomes

1

Description
aerobic power
Timepoint
first week, 8th week
Method of measurement
Shuttle run test

2

Description
speed
Timepoint
fist week, 8th week
Method of measurement
BST

3

Description
flexibility
Timepoint
first week, 8th week
Method of measurement
Goniometer

4

Description
agility
Timepoint
first week, 8th week
Method of measurement
505 agility test

5

Description
strength
Timepoint
first week, 8th week
Method of measurement

sargent jump test, hand grip test

6

Description
muscle endurance
Timepoint
first week, 8th week
Method of measurement
sit-up, push up

Secondary outcomes

1

Description
Vo2max
Timepoint
first week, 8th week
Method of measurement
shuttle run test

2

Description
total energy intake
Timepoint
every week
Method of measurement
questionnaire

3

Description
total fat intake
Timepoint
every week
Method of measurement
questionnaire

4

Description
total carbohydrate intake
Timepoint
every week
Method of measurement
questionnaire

5

Description
total protein intake
Timepoint
every week
Method of measurement
questionnaire

6

Description
average mileage
Timepoint
daily
Method of measurement
pedometer

7

Description
perceived exertion
Timepoint
first week, 8th week
Method of measurement
checklist

8

Description
stomach fulfill scale
Timepoint
first week, 8th week
Method of measurement
checklist

9

Description
thirst scale
Timepoint
first week, 8th week
Method of measurement
checklist

10

Description
body fat percent
Timepoint
begining of the period
Method of measurement
skin fold calipper

Intervention groups

1

Description
case group no2: Cytomax 150 ml/ 70 kg body weight/ 15 min
Category
Other

2

Description
control group: water 150 ml/15 min/70 kg body weight
Category
Other

3

Description
case group no1: Gatorade 150 ml/70 kg body weight/ every 15 min
Category

Other

Recruitment centers

1

Recruitment center
Name of recruitment center
Badminton Federation of Islamic Republic of Iran
Full name of responsible person
Sepideh Mehraein
Street address
Badminton Federation of Islamic Republic of Iran, Hejab st.
City
Tehran

Sponsors / Funding sources

1

Sponsor
Name of organization / entity
Badminton Federation of Islamic Republic of Iran
Full name of responsible person
Mohammad Reza Pouria
Street address
Badminton Federation of Islamic Republic of Iran, Hejab st.
City
Tehran
Grant name
Grant code / Reference number
Is the source of funding the same sponsor organization/entity?
Yes
Title of funding source
Badminton Federation of Islamic Republic of Iran
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
The International Branch of Shahid Beheshti University of Medical Sciences & Health Services
Full name of responsible person
Sepideh Mehraein
Position
Researcher, Master of Science Student
Other areas of specialty/work
Street address
No.11, Nastaran 43, Shahid Beheshti Town, Babaei Highway
City
Tehran
Postal code
Phone
+98 21 7711 6396
Fax
+98 21 7711 6396
Email
sepideh20_k@yahoo.com
Web page address

Person responsible for scientific inquiries

Contact
Name of organization / entity
Azad Islamic University
Full name of responsible person
Dr. Kaveh Khabiri
Position
PhD
Other areas of specialty/work
Street address
No.1, Nastaran 43, Shahid Beheshti Town, Babaei Highway
City
Tehran
Postal code
Phone
+98 21 7711 6396
Fax
+98 21 7711 6396
Email
sepka_kh@yahoo.com
Web page address

Person responsible for updating data

Contact
Name of organization / entity
The International Branch of Shahid Beheshti University of Medical Sciences
Full name of responsible person
Sepideh Mehraein
Position
researcher, Master student
Other areas of specialty/work
Street address
No.1, Nastaran 43, Shahid Beheshti Town, Babaei Highway
City
Tehran
Postal code
Phone
+98 21 7711 6396
Fax
+98 21 7711 6396
Email
sepideh20_k@yahoo.com
Web page address

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