

Clinical Trial Protocol

Iranian Registry of Clinical Trials

02 Aug 2026

The effect of 8 weeks of aerobic training and the consumption alcoholic extract of nettle on selected inflammatory markers in overweight and obese women

Protocol summary

Summary

Objective: the effect of 8 weeks of aerobic training and the consumption of alcoholic extract of nettle on TNF- α , IL-6 and plasma CRP levels in overweight and obese women study design: Randomized sealed envelope; single-blind (Participants); placebo-controlled; single-centre. Inclusion criteria: female gender; age ; no history of heart disease; arthritis; do not use other herbal medicines. Exclusion criteria: use of herbal medicines except nettle; pregnancy; breastfeeding; risk of other seroud diseases. Sample size of 48 patients in 4 groups. Outcomes: cardiovascular risk factors associated with obesity and weight loss with exercise and use of nettle extract.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2016022324402N2**

Registration date: **2016-04-14, 1395/01/26**

Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2016-04-14, 1395/01/26

Registrant information

Name

Azita Monfared

Name of organization / entity

Sistan and Baluchestan University

Country

Iran (Islamic Republic of)

Phone

+98 543425791

Email address

azita_monfared@pgs.usb.ac.ir

Recruitment status

Recruitment complete

Funding source

Zahedan, University Of Sistan and Bluchestan

Expected recruitment start date

2015-12-22, 1394/10/01

Expected recruitment end date

2016-01-10, 1394/10/20

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effect of 8 weeks of aerobic training and the consumption alcoholic extract of nettle on selected inflammatory markers in overweight and obese women

Public title

The effect of exercise and extract Nettle on obesity

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria: female gender; age; lack of any history of cardiovascular disease, arthritis and ...; do not use other herbal medicines. Exclusion criteria: use of herbal medicines except nettle; pregnancy; breastfeeding; risk of diseases.

Age

From **25 years** old to **45 years** old

Gender

Female

Phase

N/A

Groups that have been masked
No information

Sample size
 Target sample size: **48**

Randomization (investigator's opinion)
 Randomized

Randomization description

Blinding (investigator's opinion)
 Single blinded

Blinding description

Placebo
 Used

Assignment
 Parallel

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee
 Ethics Committee of the University of Medical Sciences of Zahedan

Street address
 Zahedan Persian Gulf Boulevard, Healthcare Zahedan University of Medical Sciences

City
 Zahedan

Postal code
 98167-43463

Approval date
 2016-02-21, 1394/12/02

Ethics committee reference number
 IR.ZAUMS.REC.1394.417

Health conditions studied

1

Description of health condition studied
 Obesity and Overweight

ICD-10 code
 E66.0

ICD-10 code description
 Obesity due to excess calories

Primary outcomes

1

Description
 TNF- α

Timepoint
 Before the intervention. 8 week after the intervention

Method of measurement
 Bloodletting

2

Description
 IL-6

Timepoint
 Before the intervention. 8 week after the intervention

Method of measurement
 Bloodletting

3

Description
 CRP

Timepoint
 Before the intervention. 8 week after the intervention

Method of measurement
 Bloodletting

Secondary outcomes

1

Description
 Body.Mass.Index(BMI)

Timepoint
 The beginning of training, immediately after training

Method of measurement
 Weight / height to the power of 2

2

Description
 Blood pressure

Timepoint
 The beginning of training, immediately after training

Method of measurement
 Manometers

3

Description
 Waist-to-hip ratio

Timepoint
 The beginning of training, immediately after training

Method of measurement
 Waist circumference/hip circumference

4

Description
 Heart rate

Timepoint
 The beginning of training, immediately after training

Method of measurement
 thermometers Polar heart rate

Intervention groups

1

Description
 Aerobic training+placebo; for 8 weeks, 3 times a week and placebo

Category

Placebo

2**Description**

aerobic training exercises with nettle extract ;for 8 weeks, 3 days per week.wemon practice along with nettle extract once a day for a two month and consumed.

Category

Treatment - Drugs

3**Description**

nettle group: not done any exercise and Only once a day for 2 months nettle 8 milliliter used.

Category

Treatment - Drugs

4**Description**

control group; not done any exercise and Placebo every day for 2 months used. and daily intake of 8 ml placebo (same color water extract) was used as a placebo

Category

Placebo

Recruitment centers**1****Recruitment center****Name of recruitment center**

University of Sistan and Baluchestan

Full name of responsible person

Azita Monfared

Street address

Street University, University of Sistan and Bluchestan, zahedan

City

Zahedan

Sponsors / Funding sources**1****Sponsor****Name of organization / entity**

University of Sistan and Baluchestan

Full name of responsible person

Mohamad Kordi Tamandani

Street address

Zahedan, University of Sistan and Baluchestan, Research Assistant

City

Zahedan

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

Yes

Title of funding source

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**

Zahedan, University of Sistan and Bluchestan

Full name of responsible person

Azita Monfared

Position

Master of Science

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

115, Naz street, University of Sistan and Baluchestan, Zahedan, Iran

City

Zahedan

Postal code**Phone**

+98 54 3342 5791

Fax**Email**

azitamonfared@pgs.usb.ac.r

Web page address**Person responsible for scientific inquiries****Contact****Name of organization / entity**

University of Sistan and Bluchestan

Full name of responsible person

Azita Monfared

Position

Master of Science

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

Zahedan, University of Sistan and Bluchestan

City

Zahedan

Postal code**Phone**

+98 54 3342 5791

Fax**Email**

azitamonfared@pgs.usb.ac.ir

Web page address

Person responsible for updating data

Contact

Name of organization / entity

University of Sistan and Bluchestan

Full name of responsible person

Azita Monfared

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

Zahedan, University of Sistan and Bluchestan

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Postal code**Phone**

+98 54 3342 5791

Fax**Email**

azitamolfared@pgs.usb.ac.ir

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