Clinical Trial Protocol
Iranian Registry of Clinical Trials

16 Sep 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-cente. 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

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

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