

Clinical Trial Protocol

Iranian Registry of Clinical Trials

06 Jul 2026

The Effects of 8 Weeks of Endurance Training With the Ergometer and Consumption Nettle Extract on Chemerin and Omentin-1 Plasma levels on Overweight and Obese women .

Protocol summary

Summary

Objective : The effects of 8 weeks of endurance training on the ergometer with the consumption nettle extract of nettle on plasma levels of Chemerin and Omentin-1 in overweight and obese women . Study design : Randomized sealed envelope : double-blind : placebo-controlled: single-center. Inclusion criteria: Female: Age between 30 to 45 years: no history of heart disease: arthritis: being healthy: do not use other herbal medicines, lack of regular exercise. Exclusion criteria: use of herbal medicines except nettle: Pregnancy: Breastfeeding: Risk of disease and Sample size of 48 patients in 4 groups. Time: 3 April 2016 till 5 November 2016. Outcome: 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: **IRCT2016020826443N1**

Registration date: **2016-07-27, 1395/05/06**

Registration timing: **registered_while_recruiting**

Last update:

Update count: **0**

Registration date

2016-07-27, 1395/05/06

Registrant information

Name

Ahmad Reza Asgari Ashtiani

Name of organization / entity

Zahedan University of Medical Sciences

Country

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Recruitment status

Recruitment complete

Funding source

Zahedan University of Medical Sciences

Expected recruitment start date

2016-04-03, 1395/01/15

Expected recruitment end date

2016-11-05, 1395/08/15

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The Effects of 8 Weeks of Endurance Training With the Ergometer and Consumption Nettle Extract on Chemerin and Omentin-1 Plasma levels on Overweight and Obese women .

Public title

Effects of 8 Weeks of Endurance Training

Purpose

Health service research

Inclusion/Exclusion criteria

Inclusion criteria : Age range 30-45 years ; having a level of physical and mental health ; body mass index (BMI) greater than 25 kg/m²; the observance of the low-fat and low-carbohydrate diet ; lack of participation in any regular activity Sport during the 6 months before the start of practice ; lack of cardiovascular disease ; arthritis ; diabetes ; hormonal disorders ; kidney disease and liver ; surgery ; non-tobacco consumption ; use of herbal

medicine and any therapeutic intervention effective on the laboratory results. Exclusion criteria : do not complianci diet ; participate in sports activities ; disease during the training ; pregnancy during the training ; Breast feeding ; use of herbal medicine except nettle and Lack of regular participation of individuals in each groups.

Age

From **30 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)**

Double blinded

Blinding description**Placebo**

Used

Assignment

Parallel

Other design features**Secondary Ids**

empty

Ethics committees**1****Ethics committee****Name of ethics committee**

Zahedan University of Medical Sciences

Street address

Zahedan University of Medical Sciences

City

Zahedan

Postal code**Approval date**

2016-04-17, 1395/01/29

Ethics committee reference number

IR.ZAUMS.REC.1395.24

Health conditions studied**1****Description of health condition studied**

overweight and obese women

ICD-10 code

E66.9

ICD-10 code description

Obesity,unspecified

Primary outcomes**1****Description**

chemerin

Timepoint

before the training and after the training

Method of measurement

nanogram/liter ng/l

Secondary outcomes**1****Description**

omentin -1

Timepoint

before the training and after the training

Method of measurement

nanogram/liter ng/lit

Intervention groups**1****Description**

Endurance Training with Ergometer and Consumption of Nettle Extract in 8 weeks

Category

Lifestyle

2**Description**

consumption of nettle extract alone in 8 weeks

Category

Treatment - Drugs

3**Description**

endurance training with ergometer alone 3 times in week in 8 weeks

Category

Lifestyle

4**Description**

In Group control with placebo in 8 week

Category

Treatment - Drugs

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

Gymnasium Hall of Zahedan University of Medical Sciences

Full name of responsible person

Dr Ahmad Reza Asgari Sshtiani

Street addressSchool of Rehabilitation , Zahedan University of
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Position

Masters Degree in Exercise Physiology

Other areas of specialty/work**Street address**Department of Physical Education University of Sistan
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Web page address**Sponsors / Funding sources****1****Sponsor****Name of organization / entity**Research Assistance of Zahedan University of Medical
Science**Full name of responsible person**

Mohsen Taheri

Street addressResearch Assistance of Zahedan University of Medical
Science , Zahedan**City**

Zahedan

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

Yes

Title of funding sourceResearch Assistance of Zahedan University of Medical
Science**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****Person responsible for scientific
inquiries****Contact****Name of organization / entity**

University of Sistan & Balochestan

Full name of responsible person

Rezvane galdavi

Person responsible for updating data**Contact****Name of organization / entity**

Zahedan University of Medical Sciences

Full name of responsible person

Mehdi Mohammadi

Position

Ph.D

Other areas of specialty/work**Street address**Department of statistics , School of Public Health ,
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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*