

Clinical Trial Protocol

Iranian Registry of Clinical Trials

10 Jun 2026

Evaluation of effect of coenzyme q10 and aerobic exercise on inflammatory, oxidative state and cardiorespiratory fitness in patients with traumatic brain injury

Protocol summary

Summary

The purpose of the present study is to investigate the effect of coenzyme q10 and aerobic exercise on inflammatory, oxidative state and cardiorespiratory fitness in patients with traumatic brain injury. In this clinical trial study that double-blinded for patients and researchers, patients with Simple randomization separated into two group of 30: the control group with no intervention and intervention group will get coenzyme q10, and do aerobic exercise. They will be evaluated cognitively and functionally using FFS and FIM questionnaires. After an initial assessment, interventions begin. The intervention group will receive 2.5 mg/kg/day Coenzyme Q10 for 3 months and also will do exercise 60-90 minutes, three times a week for 12 weeks. Burce protocol for the cardiopulmonary function was used and respiratory gas analyzer used for respiratory gases. Before and after the study Blood samples will be taken to measure inflammatory factors: IL-6 and hs- CRP. Also, total antioxidant capacity, Malondialdehyde and Glutathione peroxidase will be measured. inclusion: History of Traumatic Brain Injury 6 months ago, 18-65 years old and ability to cycling to do exercise. exclusion: Severe behavioral, physical and cognitive status preventing completing the study, Failure to cooperate until the end of the study, smoking and Drug addiction.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2017071626805N2**

Registration date: **2017-11-19, 1396/08/28**

Registration timing: **prospective**

Last update:

Update count: **0**

Registration date

2017-11-19, 1396/08/28

Registrant information

Name

Samira Mis Ghavam

Name of organization / entity

Ilam University of Medical Sciences

Country

Iran (Islamic Republic of)

Phone

+98 84 3222 7150

Email address

ghavam-sm@medilam.ac.ir

Recruitment status

Recruitment complete

Funding source

Vice chancellor for research, Ilam University of Medical Sciences

Expected recruitment start date

2018-02-20, 1396/12/01

Expected recruitment end date

2018-05-22, 1397/03/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Evaluation of effect of coenzyme q10 and aerobic exercise on inflammatory, oxidative state and cardiorespiratory fitness in patients with traumatic brain injury

Public title

Evaluation of effect of coenzyme q10 and aerobic

exercise on inflammatory, oxidative state and cardiorespiratory fitness in patients with traumatic brain injury

Purpose

Basic science

Inclusion/Exclusion criteria

Inclusion criteria: History of Traumatic Brain Injury 6 months ago; 18-65 years old; Stable clinical situation; Having a medical certificate proving participants' ability to do exercise test; Commitment to complete the study; Ability to understand speech commands to complete study and ability to cycling to do exercise. Exclusion criteria: Severe behavioral, physical and cognitive status preventing completing the study; chronic and systemic disease(cardiovascular, pulmonary...); Failure to cooperate until the end of the study; smoking and Drug addiction.

Age

From **18 years** old to **65 years** old

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **60**

Randomization (investigator's opinion)

Randomized

Randomization description

Blinding (investigator's opinion)

Double 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 Ilam University of Medical Sciences

Street address

Ilam University of Medical Sciences, Banganjab, Pajuhesh Blvd., Ilam, Iran

City

Ilam

Postal code

6939177143

Approval date

2010-11-05, 1389/08/14

Ethics committee reference number

lr.medilam.rec.1396.77

Health conditions studied

1

Description of health condition studied

traumatic brain injury

ICD-10 code

S06

ICD-10 code description

Intracranial injury

Primary outcomes

1

Description

IL-6

Timepoint

before intervention and 6th week and 12th week after beginning of intervention

Method of measurement

The IL-6 will be measured by ELISA method and by the bender medsystem kit.

2

Description

Cardiac function

Timepoint

before intervention and 6th week and 12th week after beginning of intervention

Method of measurement

Cardiac function will be tested with Bruce protocol.

3

Description

respiratory gasses

Timepoint

before intervention and 6th week and 12th week after beginning of intervention

Method of measurement

respiratory gases automatically will be analyzed using Ultima Cardio2.

4

Description

hs-CRP

Timepoint

before intervention and 6th week and 12th week after beginning of intervention

Method of measurement

hs-CRP will be measured by ELISA method and by the bender medsystem kit.

5

Description

malondialdehyde

Timepoint

before intervention and 6th week and 12th week after beginning of intervention

Method of measurement

Levels of malondialdehyde will be measured by the Randox kit.

6

Description

total antioxidant capacity

Timepoint

before intervention and 6th week and 12th week after beginning of intervention

Method of measurement

total antioxidant capacity will be measured by the Randox kit.

7

Description

glutathione peroxidase

Timepoint

before intervention and 6th week and 12th week after beginning of intervention

Method of measurement

glutathione peroxidase will be measured by the Randox kit.

Secondary outcomes

empty

Intervention groups

1

Description

Control group: with no intervention.

Category

N/A

2

Description

Intervention group: the intervention group will receive 2.5 mg/kg/day Coenzyme Q10 for 3 months and they will do exercise 60-90 minutes, three times a week for 12 weeks.

Category

Treatment - Drugs

Recruitment centers

1

Recruitment center

Name of recruitment center

Dr. Hafezi Pathology Clinic

Full name of responsible person

Street address

next to the Red Crescent, 22-Bahman Sq., Ilam, Iran

City

Ilam

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Vice Chancellor for research of Ilam University of Medical Sciences

Full name of responsible person

Dr. Behzad Badakhsh

Street address

Vice chancellor for research and technology, Ilam University of Medical Sciences, Banganjab, Pajuhesh Blvd., Ilam, Iran

City

Ilam

Grant name

Grant code / Reference number

Is the source of funding the same sponsor organization/entity?

Yes

Title of funding source

Vice Chancellor for research of Ilam University of Medical Sciences

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

Ilam University of Medical Sciences

Full name of responsible person

Asghar Rahmani

Position

GP, Member of Student Research Committee of Ilam University of Medical Sciences

Other areas of specialty/work

Street address

Research Committee of Ilam University of Medical Sciences, Medical School, Ilam University of Medical Sciences, Banganjab, Pajuhesh Blvd., Ilam, Iran

City

Ilam

Postal code

6939177143

Phone

+98 84 3222 7126

Fax

Email

Asrahmani1991@yahoo.com

Web page address

Person responsible for scientific inquiries

Contact

Name of organization / entity

Ilam University of Medical Sciences

Full name of responsible person

Asghar Rahmani

Position

GP

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

Research Committee of Ilam University of Medical Sciences, Medical School, Ilam University of Medical Sciences, Banganjab, Pajuhesh Blvd., Ilam, Iran

City

Ilam

Postal code

6939177143

Phone

+98 84 3222 7126

Fax**Email**

Asrahmani1991@yahoo.com

Web page address

Person responsible for updating data

Contact

Name of organization / entity

Ilam University of Medical Sciences

Full name of responsible person

Samira Mis Gavam

Position

Faculty member, Cardiologist

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

Vice chancellor for research and technology, Ilam University of Medical Sciences, Banganjab, Pajuhesh Blvd., Ilam, Iran

City

Ilam

Postal code

6939177143

Phone

+98 84 3222 7150

Fax**Email****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