

Clinical Trial Protocol

Iranian Registry of Clinical Trials

16 Sep 2026

The Effect of Six Weeks Aqua Training in Second Trimester of Pregnancy on Visfatin and Glucose Tolerance of Gestational Diabetic Woman

Protocol summary

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Summary

Aim of research: review the effect of six weeks aqua training in second trimester of pregnancy on visfatin and glucose tolerance of gestational diabetic woman
Inclusion Criteria: Pregnancy; Second Trimester; Gestational Diabetic Exclusion Criteria: Lack of Diabetes; Smoking; Regular exercise in last year; High Blood Pressure; Infection Diseases; Anemia; Respiratory Problems Population: gestational diabetic woman in second trimester of pregnancy Sample: 24 persons
Design: 18 sessions of 25 minutes aquat trainings with intensity of 110 heart rate per minute for six weeks and measurement of visfatin and glucose tolerance before and after six weeks

Recruitment status

Recruitment complete

Funding source

Marvdasht Branch of Islamic Azad University

Expected recruitment start date

2014-04-21, 1393/02/01

Expected recruitment end date

2014-06-22, 1393/04/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2016112027263N3**

Registration date: **2016-12-18, 1395/09/28**

Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2016-12-18, 1395/09/28

Registrant information

Name

Seyed Ali Hosseini

Name of organization / entity

Islamic Azad University, Marvdasht Branch

Country

Iran (Islamic Republic of)

Phone

+98 43311156

Email address

Scientific title

The Effect of Six Weeks Aqua Training in Second Trimester of Pregnancy on Visfatin and Glucose Tolerance of Gestational Diabetic Woman

Public title

The Effect of Aqua Training on Visfatin and Glucose Tolerance

Purpose

Other

Inclusion/Exclusion criteria

Inclusion Criteria: Pregnancy; Second Trimester; Gestational Diabetic Exclusion Criteria: Lack of Diabetes; Smoking; Regular exercise in last year; High Blood Pressure; Infection Diseases; Anemia; Respiratory Problems

Age

From **25 years** old to **35 years** old

Gender

Female

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: 50

Randomization (investigator's opinion)

N/A

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

Ethics Committee of Islamic Azad University,
Marvdasht Branch

Street address

Marvdasht Branch, Islamic Azad University,
Marvdasht

City

Marvdasht

Postal code

Approval date

2015-03-11, 1393/12/20

Ethics committee reference number

92-12-262

Health conditions studied

1

Description of health condition studied

Diabetes

ICD-10 code

E10

ICD-10 code description

Diabetes mellitus arising in pregnancy

Primary outcomes

1

Description

Visfatin

Timepoint

Before and Six Weeks After Intervention

Method of measurement

Serum

2

Description

Glucose Tolerance

Timepoint

Before and Six Weeks After Intervention

Method of measurement

Serum

Secondary outcomes

1

Description

Weight Lose

Timepoint

Before and Six Weeks After Intervention

Method of measurement

by Scale

Intervention groups

1

Description

Intervention group: 18 sessions of 25 minutes aqua
training

Category

Other

2

Description

Control group: Six weeks daily activities

Category

Other

Recruitment centers

1

Recruitment center

Name of recruitment center

Hafez Clinic

Full name of responsible person

Dr Maryam Kasraeian

Street address

Hafez Clinic, Shiraz City, Fars Province

City

Shiraz

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Vice chancellor for research, Islamic Azad University
Marvdasht Branch

Full name of responsible person

Dr Ghahraman Slokinezhad

Street address

Marvdasht Branch, Islamic Azad University,
Marvdasht City, Fars Province

City

Marvdasht

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, Islamic Azad University
Marvdasht Branch

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

Islamic Azad University, Marvdasht Branch

Full name of responsible person

Seyed Ali Hosseini

Position

PhD

Other areas of specialty/work

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Other areas of specialty/work

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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