

Clinical Trial Protocol

Iranian Registry of Clinical Trials

28 Sep 2026

Effect of high-intensity interval training(HIIT) versus continuous moderate intensity Exercise(CONT) on visceral and peripheral fat

Protocol summary

Summary

This study purpose: investigate the influence of high-intensity exercise and moderate on visceral fat Indices. Inclusion: Age 18 to 45; healthy; sedentary female; Iranian and understanding Persian languages; lack of respiratory and cardiovascular diseases and certain diseases which prevents the exercise; avoiding the use cholesterol, blood pressure and diabetes medications; not having heart pacemaker. Exclusion: Failure to do exercises correctly or unwillingness to continue to exercise or failure to complete 21 sessions (of 24 sessions); the creation of a specific disease during exercise; professional athlete (regular and daily activities for more than 45 minutes a day). The location of this study are Sina Hospital on 30 obese women randomly. Which are divided in 2 groups of High Intensity Interval training and moderate continuous training and both groups before start getting written consent, which consent participate in this study three times a week for 8 weeks. Intervention: high-intensity exercise and moderate severity in two groups of 15 persons for 8 weeks. visceral and peripheral fat will be checked before, during and after exercise + other markers associated with obesity and metabolic syndrome

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2016041227264N1**
Registration date: **2016-05-26, 1395/03/06**
Registration timing: **registered_while_recruiting**

Last update:

Update count: **0**

Registration date

2016-05-26, 1395/03/06

Registrant information

Name

Maryam Abolhasani

Name of organization / entity

Sina Hospital, Tehran University of Medical Sciences

Country

Iran (Islamic Republic of)

Phone

+98 21 6634 8569

Email address

m_abolhasani@sina.tums.ac.ir

Recruitment status

Recruitment complete

Funding source

Tehran University of Medical Sciences

Expected recruitment start date

2016-05-21, 1395/03/01

Expected recruitment end date

2016-07-22, 1395/05/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Effect of high-intensity interval training(HIIT) versus continuous moderate intensity Exercise(CONT) on visceral and peripheral fat

Public title

Effect of high-intensity interval training(HIIT) versus continuous moderate intensity Exercise(CONT)

Purpose

Prevention

Inclusion/Exclusion criteria

Inclusion criteria: Age 18 to 45, healthy; sedentary female; Iranian and understanding Persian languages; lack of respiratory and cardiovascular diseases and

certain diseases which prevents the exercise; avoiding the use cholesterol; blood pressure and diabetes medications; not having heart pacemaker. Exclusion criteria: Failure to do exercises correctly or unwillingness to continue to exercise or failure to complete 21 sessions (of 24 sessions); the creation of a specific disease during exercise; professional athlete (regular and daily activities for more than 45 minutes a day).

Age

From **18 years** old to **45 years** old

Gender

Female

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **30**

Randomization (investigator's opinion)

Randomized

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**

The ethics committee of Tehran University of Medical Sciences

Street address

The ethics committee of Tehran University of Medical Sciences

City

Tehran

Postal code**Approval date**

2016-02-06, 1394/11/17

Ethics committee reference number

IR.TUMS.REC.1394.1854

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

obesity and fat

ICD-10 code

E66.9

ICD-10 code description

Obesity, unspecified

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

visceral fat

Timepoint

base - week4-end

Method of measurement

viscan

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

BMI

Timepoint

base - week 4- end

Method of measurement

use height and weight

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

As well as other exercise that much used is High Intensity Interval Training(HIIT) or an exercise with HRR90 percent intensity and 2 to 5 minutes per set and as much rest between sets for at least 75 minutes a week

Category

Prevention

2**Description**

One of them is Continuous Moderate Intensity Training (CONT)or an exercise with HRR 40 to 59 percent intensity and at least 5 times a week frequency.

Category

Prevention

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

Sinai Hospital

Full name of responsible person

Doctor M Abolhasani

Street address**City**

Tehran

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Tehran University of Medical Sciences

Full name of responsible person

dr.Masud Yunesian

Street address

Department of Environmental Health Engineering,
School of Public Health, Tehran University of Medical
Sciences

City

tehran

Grant name

Grant code / Reference number

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

Yes

Title of funding source

Tehran 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

Sport Medicine Research Center

Full name of responsible person

Abolhasani , Maryam

Position

Assistant Professor

Other areas of specialty/work

Street address

Sina Hospital

City

Tehran

Postal code

Phone

+98 912 619 2528

Fax

Email

m_abolhasani@sina.tums.ac.ir
dr_m_abolhasani@yahoo.com

Web page address

Person responsible for scientific inquiries

Contact

Name of organization / entity

Sport Medicine Center

Full name of responsible person

M Abolhasani

Position

Sports Medicine Specialist

Other areas of specialty/work

Street address

Sina Hospital

City

Tehran

Postal code

Phone

+98 912 619 2528

Fax

Email

m_abolhasani@sina.tums.ac.ir,
dr_m_abolhasani@yahoo.com

Web page address

Person responsible for updating data

Contact

Name of organization / entity

Sport Medicine Center

Full name of responsible person

M Abolhasani

Position

Sport Medicine Specialist

Other areas of specialty/work

Street address

Sina Hospital

City

Tehran

Postal code

1136746911

Phone

+98 21 8163 3613

Fax

Email

m_abolhasani@sina.tums.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