

Clinical Trial Protocol

Iranian Registry of Clinical Trials

11 Sep 2026

Effectiveness of Aerobic Exercise on Promotion of Cognitive - Executive Functions in Patient with Schizophrenia Spectrum

Protocol summary

Summary

The present research was aimed to investigate the effectiveness of aerobic exercise on promotion of executive- cognitive functions in patients with schizophrenia spectrum. Statistical population was patients with schizophrenia that was admitted in rehabilitation centers in Ardabil. Darolshafa center were selected by random cluster sampling. The statistical sample was include 24 patients with disorder of schizophrenia that were selected by random sampling. Patients were divided in to experimental group and control group. Inclusion criteria: Insert a definitive diagnosis of schizophrenia in patient records; Having at least a primary education. Exclusion criteria: having Cognitive disorders such as delirium and dementia; chronic physical illness; Physical and motor limitations. Subjects were assessed with wisconsin card sorting test (WCST), Wechsler Memory scale and Stroop test in two stages (pre test and post test). The experimental group participated 3 sessions per week for 4 weeks and 45 minute aerobic exercise training (including steps: 1. warm up the body 2. aerobic exercise is brisk walking and continuous 3. Do gentle exercises, stretching and stretching arms and legs 4. To return to the original state). control group received no intervention. Aerobic exercise training is an independent variable and executive-cognitive functions are dependent variables.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2016052928149N1**

Registration date: **2016-11-06, 1395/08/16**

Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2016-11-06, 1395/08/16

Registrant information

Name

Leila Abafat

Name of organization / entity

University of Mohaghegh Ardabili

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Recruitment status

Recruitment complete

Funding source

University of Mohaghegh Ardabili

Expected recruitment start date

2016-05-26, 1395/03/06

Expected recruitment end date

2016-06-30, 1395/04/10

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Effectiveness of Aerobic Exercise on Promotion of Cognitive - Executive Functions in Patient with Schizophrenia Spectrum

Public title

The effect of exercise on symptoms of patients with schizophrenia spectrum

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria: Insert a definitive diagnosis of schizophrenia in patient records; Having at least a primary education
Exclusion criteria: having Cognitive disorders such as delirium and dementia; chronic physical illness; Physical and motor limitations

Age

No age limit

Gender

Male

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: 24

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**

Islamic Azad University of Ardabil

Street address

Islamic Azad University of Ardabil, Basij Square

City

Ardabil

Postal code**Approval date**

2010-08-20, 1389/05/29

Ethics committee reference number

IR.IAU.ARDABIL.REC.1395.7

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

Schizophrenia Spectrum Disorder

ICD-10 code

F20

ICD-10 code description

Schizophrenia

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

Executive Function

Timepoint

The beginning of study and After the Intervention

Method of measurement

Wisconsin Card Sorting Test (WCST)

2**Description**

Cognitive Function

Timepoint

the beginning of study and After the Intervention

Method of measurement

Wechsler Memory Scale (wms) & Stroop Test

Secondary outcomes

empty

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

The experimental group participated 3 sessions per week for 4 weeks and 45 minute aerobic exercise training (including steps: 1. warm up the body 2. aerobic exercise is brisk walking and continuous 3. Do gentle exercises, stretching and stretching arms and legs 4. To return to the original state)

Category

Rehabilitation

2**Description**

Control group: without intervention

Category

N/A

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

Daralshafa

Full name of responsible person

Akbar Atadokht Ph.D

Street address

Anvari Zalley, Zaranas street, Ardabil

City

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity

University of Mohaghegh Ardabili

Full name of responsible person

Hajloo Nader Ph.D

Street address

University of Mohaghegh Ardabili, Daneshgah Street

City

Ardabil

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

Yes

Title of funding source

University of Mohaghegh Ardabili

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**

University of Mohaghegh Ardabili

Full name of responsible person

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Assistant Professor of Psychology

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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