

Clinical Trial Protocol

Iranian Registry of Clinical Trials

10 Jun 2026

The effect of eight weeks of intra-dialytic aerobic training on Obestatin, GH, homocysteine, dialysis efficacy and physical performance of hemodialysis patients.

Protocol summary

Summary

The purpose of this study is to investigate the effect of eight weeks intra-dialytic aerobic training on Obestatin, GH, homocysteine, dialysis efficacy and physical performance of hemodialysis patients. Therefore, 18 hemodialysis patients referred to dialysis section of Najaf Abad's Shahid Montazeri Hospital will be selected purposely as subjects and then randomly will be divided to two groups of experimental (N=9) and control (N=9). Intra-dialytic aerobic training program will be performed by experimental group for 8 weeks, 3 sessions per week with corresponded to 40 to 45 percent of their maximum heart rate reserve at the first week and ended with 65 to 70 percent at the final week. Blood samples and physical performance tests will be taken 48h before and 48h after the training period. Paired t-test will use for determining within group differences and independent t-test for determining between groups differences, respectively. Data will be analyzed at less than 0.05.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2016061528406N3**

Registration date: **2016-06-19, 1395/03/30**

Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2016-06-19, 1395/03/30

Registrant information

Name

Akbar Azamian Jazi

Name of organization / entity

Shahrekord University of Medical Sciences

Country

Iran (Islamic Republic of)

Phone

+98 983814424411

Email address

azamian-a@lit.sku.ac.ir

Recruitment status

Recruitment complete

Funding source

Shahrekord University

Expected recruitment start date

2011-03-20, 1389/12/29

Expected recruitment end date

2012-03-20, 1391/01/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effect of eight weeks of intra-dialytic aerobic training on Obestatin, GH, homocysteine, dialysis efficacy and physical performance of hemodialysis patients.

Public title

The effect of intra-dialytic aerobic training on hemodialysis patients.

Purpose

Other

Inclusion/Exclusion criteria

Inclusion Criteria: Lack of heart disease; Lack of lung disease; Non-Musculoskeletal disorders Exclusion Criteria: Cardiovascular disease; Respiratory diseases; Movement disorders

Age

From **43 years** old to **74 years** old

Gender
Both

Phase
N/A

Groups that have been masked
No information

Sample size
Target sample size: **18**

Randomization (investigator's opinion)
Randomized

Randomization description

Blinding (investigator's opinion)
Not blinded

Blinding description

Placebo
Not used

Assignment
Parallel

Other design features
Patients will be selected based on inclusion criteria and physical examinations (by the physician) and then will be randomly divided into intervention and control groups.

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee
Shahrekord University Ethics Committee

Street address
Vice chancellor for research, Shahrekord University,
Kilometr 2 Jadeh Saman, Shahrekord, Iran

City
Shahrekord

Postal code

Approval date
2011-07-23, 1390/05/01

Ethics committee reference number
190/107

Health conditions studied

1

Description of health condition studied
Hemodialysis patients

ICD-10 code
Z49.1

ICD-10 code description
Extracorporeal dialysis

Primary outcomes

1

Description
Obestatin

Timepoint
Before and after 8 weeks of resistance exercise training

Method of measurement
Elisa Kit

2

Description
GH

Timepoint
Before and after 8 weeks of resistance exercise training

Method of measurement
Kit

3

Description
homocysteine

Timepoint
Before and after 8 weeks of resistance exercise training

Method of measurement
Elisa Kit

4

Description
dialysis efficacy

Timepoint
Before and after 8 weeks of resistance exercise training

Method of measurement
Kit

5

Description
physical performance

Timepoint
Before and after 8 weeks of resistance exercise training

Method of measurement
Physical activity tests

Secondary outcomes

empty

Intervention groups

1

Description
Interventionl group: Perform Intra-dialytic aerobic training (By Medi-bike).

Category
Lifestyle

2

Description
Control group: Don't receive any interventions

Category

Lifestyle

Recruitment centers

1

Recruitment center

Name of recruitment center

Najaf Abad's Shahid Montazeri Hospital

Full name of responsible person

Dr. Sharzad Shahidi

Street address

Internal Medicine Department, Faculty of Medicine,
Isfahan University of Medical Sciences

City

Isfahan

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Vice chancellor for research of Shahrekord University

Full name of responsible person

Akbar Azamian Jazi

Street address

Vice chancellor for research, Shahrekord University,
Kilometr 2 Jadeh Saman, Shahrekord, Iran

City

Shahrekord

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 Shahrekord University

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

Shahrekord University

Full name of responsible person

Akbar Azamian Jazi

Position

PHD, Academic Staff (Associate professor)

Other areas of specialty/work

Street address

Department of Exercise Physiology, Shahrekord

University, Kilometr 2 Jadeh Saman, Shahrekord, Iran

City

Shahrekord

Postal code

Phone

+98 38 1442 4411

Fax

Email

azamianakbar@gmail.com

Web page address

Person responsible for scientific inquiries

Contact

Name of organization / entity

Shahrekord University

Full name of responsible person

Akbar Azamian Jazi

Position

PHD, Academic Staff (Associate professor)

Other areas of specialty/work

Street address

Department of Exercise Physiology, Shahrekord
University, Kilometr 2 Jadeh Saman, Shahrekord, Iran

City

Shahrekord

Postal code

Phone

+98 38 1442 4411

Fax

Email

azamianakbar@gmail.com

Web page address

Person responsible for updating data

Contact

Name of organization / entity

Shahrekord University

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Akbar Azamian Jazi

Position

PHD, Academic Staff (Associate professor)

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Street address

Department of Exercise Physiology, Shahrekord
University, Kilometr 2 Jadeh Saman, Shahrekord, Iran

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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