Clinical Trial Protocol
Iranian Registry of Clinical Trials

17 Sep 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

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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
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Full name of responsible person
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PHD, Academic Staff (Associate professor)

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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