

Clinical Trial Protocol

Iranian Registry of Clinical Trials

10 Jun 2026

The effects of continuous and intermittent aerobic exercise on weight reduction and body fat percentage in women with body mass index >25

Protocol summary

Summary

This Clinical Trial assess the effects of continuous and intermittent walking with moderate intensity on overweight and obese women with body mass index of >25. Inclusion Criteria: female, age: 20-45-year, sedentary life style, without significant weight reduction in recent 6 month, without history of smoking in recent 6 month. Exclusion criteria: pregnancy, breast feeding, medical problem, drug using. We divide 45 participants in 3 equal groups: 1-control group 2-intermittent aerobic exercise group with three 10-15-minute sessions per day for 5 days per week 3-continuous aerobic exercise group with one 40-minute session per day for 5 days per week. Walking Intensity: 64-76% of Maximal Heart Rate calculated by "220 - age". Daily energy intake was reduced by 500 kcal per day in all groups. This research assesses changes in weight, body fat percentage, blood lipid, blood glucose and blood pressure at the end of trial.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT138807182562N1**

Registration date: **2009-11-10, 1388/08/19**

Registration timing: **registered_while_recruiting**

Last update:

Update count: **0**

Registration date

2009-11-10, 1388/08/19

Registrant information

Name

Zahra Alizadeh

Name of organization / entity

Sport Medicine Research Center, Tehran University

Country

Iran (Islamic Republic of)

Phone

00982188630227-00982188630228

Email address

z_alizadeh@razi.tums.ac.ir

Recruitment status

Recruitment complete

Funding source

Endocrine and Metabolism Research Center, Tehran University of medical sciences

Expected recruitment start date

2009-08-23, 1388/06/01

Expected recruitment end date

2009-11-21, 1388/08/30

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effects of continuous and intermittent aerobic exercise on weight reduction and body fat percentage in women with body mass index >25

Public title

The effects of aerobic exercise on weight reduction in overweight Women

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion Criteria: female, age: 20-45-year, sedentary life style, without significant weight reduction in recent 6 month, without history of smoking in recent 6 month
Exclusion criteria: pregnancy, breast feeding, medical problem, drug using

Age

From **20 years** old to **45 years** old

Gender

Female

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: 27

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**

Endocrinology And Metabolism Research Center -
Tehran University of medical sciences

Street address

Shariati Hospital, North Kargar street

City

Tehran

Postal code**Approval date**

2009-08-15, 1388/05/24

Ethics committee reference number

E-0054

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

obesity

ICD-10 code

E66

ICD-10 code description

Obesity

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

percentage body fat

Timepoint

12 Week

Method of measurement

Skin Fold

2**Description**

weight reduction

Timepoint

2 week

Method of measurement

balance scale

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

change in blood lipid

Timepoint

13 week

Method of measurement

fasting blood sample

2**Description**

change in blood glucose

Timepoint

13 week

Method of measurement

fasting blood sample

3**Description**

change in blood pressure

Timepoint

12 week

Method of measurement

sphygmomanometer

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

Continuous aerobic exercise group: one 40-minute
session per day for 5 days per week

Category

Lifestyle

2**Description**

Daily energy intake reduction by 500 kcal in all groups

Category

Lifestyle

3**Description**

Intermittent aerobic exercise group: three 10-15-minute
sessions per day for 5 days per week

Category
Lifestyle

Recruitment centers

1

Recruitment center

Name of recruitment center
Sport Medicine Clinic, Sport Medicine Research Center, Tehran University of medical sciences
Full name of responsible person
Street address
City

Sponsors / Funding sources

1

Sponsor

Name of organization / entity
Endocrinology And Metabolism Research Center, Tehran University of medical sciences
Full name of responsible person
Patrishia Khashayar
Street address
Shariati Hospital, North Kargar street
City
Tehran
Grant name
Grant code / Reference number
Is the source of funding the same sponsor organization/entity?
Yes
Title of funding source
Endocrinology And Metabolism Research Center, 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
Zahra Alizadeh
Position
Doctor

Other areas of specialty/work
Street address
Sport Medicine Clinic, Opposite The Shariati Hospital, Jalal Aal Ahmad Highway
City
Tehran
Postal code
Phone
+98 21 8863 0227
Fax
Email
z_alizadeh@razi.tums.ac.ir
Web page address

Person responsible for scientific inquiries

Contact

Name of organization / entity
Sport Medicine Research Center
Full name of responsible person
Zahra Alizadeh, Ramin Kordi
Position
PHD
Other areas of specialty/work
Street address
Sport Medicine Clinic, Opposite The Shariati Hospital, Jalal Aal Ahmad Highway
City
Tehran
Postal code
Phone
+98 21 8863 0227
Fax
Email
z_alizadeh@razi.tums.ac.ir/ramin_kordi@tums.ac.ir
Web page address

Person responsible for updating data

Contact

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