Clinical Trial Protocol
Iranian Registry of Clinical Trials

16 Sep 2026

The Effect of exercise at work on the planned indexes of Non-alcoholic fatty liver disease in nurses of Hospitals affiliated to University of Medical Sciences Haghiyatallah

Protocol summary

Summary

This was a three-group study, which was conducted on nursing staff. The study population consisted of nurses working in the Baqiyatallah Hospital in Tehran. 10 participants in each group, including the loss of which 12 were considered. Individuals were selected for the study based on objective and then randomly into three groups (two experimental groups and one control group) were divided.To collect data in this research, the demographic questionnaire was used. In order to evaluate the symptoms of fatty liver associated laboratory indices and the ultrasound was used.Group participants for the first eight weeks of training, the aerobic-type exercise intensity interval exercise and the second group of participants to eight weeks of exercise training intensity interval cardio type exercise have done.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2016092830034N1**
Registration date: **2016-10-30, 1395/08/09**
Registration timing: **retrospective**

Last update:
Update count: **0**

Registration date

2016-10-30, 1395/08/09

Registrant information

Name

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Name of organization / entity

Baqiyatallah University of Medical Sciences

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Recruitment status

Recruitment complete

Funding source

Deputy of the Faculty of Nursing Baqiyatallah

Expected recruitment start date

2015-10-01, 1394/07/09

Expected recruitment end date

2015-12-01, 1394/09/10

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The Effect of exercise at work on the planned indexes of Non-alcoholic fatty liver disease in nurses of Hospitals affiliated to University of Medical Sciences Haghiyatallah

Public title

The impact of the implementation of the exercise on nonalcoholic fatty liver index

Purpose

Health service research

Inclusion/Exclusion criteria

Inclusion criteria: Having nursing associate degree or higher; Non-alcoholic fatty liver disease confirmed; Lack of drugs that increase or decrease fatty liver Exclusion criteria: People who for whatever reason are not able to work in one of the stages of study

Age

No age limit

Gender

Male

Phase
N/A
Groups that have been masked
No information
Sample size
Target sample size: **35**
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
Baqiyatallah University of Medical Sciences
Street address
Tehran, Sadra, Sheikh Bahai Street South, Aezam of the streets, central building of the second floor
City
Tehran
Postal code
1435916471
Approval date
2015-10-04, 1394/07/12
Ethics committee reference number
IR.BMSU.REC.1394.139

Health conditions studied

1

Description of health condition studied
Nonalcoholic fatty liver
ICD-10 code
K75.8
ICD-10 code description
nonalcoholic steatohepatitis

Primary outcomes

1

Description
Grid fatty liver
Timepoint
Before the intervention, after the intervention
Method of measurement
Ultrasound and liver tests through testing

Secondary outcomes

empty

Intervention groups

1

Description
The second protocol: first the exercise in accordance with the principles established for 5 minutes using conventional stretching exercises and walking by a sports medicine specialist and tutor his body was starting to warm up. The main exercises that include running a 60-second high-speed (Borg scale 15) starts and then a rest for 22 minutes active (regular and smooth running walk) were. 10 seconds intense workout person per week to be added in the eighth week of intense workout duration is 2 minutes and 10 seconds.
Category
Treatment - Drugs

2

Description
The control group received no intervention. But the two groups for the intervention planned exercise under the supervision of specialist sports medicine and sports instructor who is a researcher, the nurses were asked The three sessions per week for 8 weeks and a maximum of 25 minutes in the early hours of the morning (30 / 7-30 / 8) on the lawn of the university and cooperate to exercise. Played researcher to better exercise for 30 minutes at the start of a training class for participants in the experimental group (one and two) and Borg scale training exercise to be held.
Category
Other

3

Description
The first protocol: first the exercise in accordance with the principles established for 5 minutes using conventional stretching exercises and walking By sports medicine specialist and researcher as tutor will start to warm up their body. After warm-up exercises start was the main person. Three main training is a 2-minute walk from normal and smooth running with 20 seconds of running with maximum effort Borg criteria (rate of perceived exertion) in the sets (17-18). The whole exercise began, the main in the first week, then takes 7 minutes for 5 minutes to cool down starts. In total, the protocol in the first week lasted 17 minutes and 10 seconds of intense exercise a week was added.So that in the eighth week of basic training or intense person, and after 130 seconds The duration of the workouts per week is eight to 20 minutes and 30 seconds.
Category
Treatment - Drugs

Recruitment centers

1

Recruitment center

Name of recruitment center
Hospital Baqiyatallah

Full name of responsible person

Street address
The Baghiyatallah of the Hospital's Specialty and Subspecialty, Sheikh Bahaie South, Molla Sadra Ave, Tehran.

City
Tehran

Sponsors / Funding sources

1

Sponsor

Name of organization / entity
School of Nursing, University Of Baghiyatallah Medical Sciences

Full name of responsible person
Ms. GHasemi

Street address
Sixth Floor Deputy of Research, Faculty Buildings, Alleys of Ae'zam, Sheikh Bahaie South, Tehran.

City
Tehran

Grant name

Grant code / Reference number

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

Title of funding source
School of Nursing, University Of Baghiyatallah 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
Hospital Baqiyatallah، Baqiyatallah University of Medical Sciences

Full name of responsible person
Arman zarbizadeh

Position
Masters. Nurse

Other areas of specialty/work

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Person responsible for scientific inquiries

Contact

Name of organization / entity
School of Nursing; University of Medical Sciences Baghiyatallah

Full name of responsible person
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Position
Nursing Ph.D.

Other areas of specialty/work

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Person responsible for updating data

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Full name of responsible person
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Other areas of specialty/work

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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