

Clinical Trial Protocol

Iranian Registry of Clinical Trials

10 Jun 2026

Effect of 8 weeks High-Intensity Interval Training on Aerobic Capacity, Pulmonary Function, Quality of Life, and Right Ventricular Function in Patients with Acute Pulmonary Embolism: A Randomized Control Trial Study, a Pilot Study

Protocol summary

Study aim

The aim of the present study is to evaluate the effect of High-intensity interval training aerobic capacity, pulmonary function, right ventricular function, and quality of life in patients with acute pulmonary embolism.

Design

The patients with acute pulmonary embolism will be selected and based on computer randomization put in 2 groups: intervention and control. Intervention group will receive exercise training and control group received only usual care.

Settings and conduct

The present study is a non-blind study and will be conducted in Tehran Heart Center, Tehran, Iran. 2 to 4 weeks after discharge, the patients will be randomized into two groups and they will perform tests. After 8 weeks, the patients will repeat the test again.

Participants/Inclusion and exclusion criteria

Inclusion Criteria: Between 18-70 Years old; admitted with acute pulmonary embolism confirmed by pulmonary CT angiography; signed informed consent. Exclusion Criteria: History of recurrent pulmonary embolism; Low-risk pulmonary embolism; Have an elective procedure that would interrupt their exercise program; Unable to participate in an exercise program; Pregnancy; Unable to read and understand the consent form

Intervention groups

Intervention group: high-intensity interval training program The control group: usual care without any rehabilitation intervention

Main outcome variables

Aerobic capacity, pulmonary function, quality of life, right ventricular function

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20170111031884N2**

Registration date: **2019-12-24, 1398/10/03**

Registration timing: **retrospective**

Last update: **2019-12-24, 1398/10/03**

Update count: **0**

Registration date

2019-12-24, 1398/10/03

Registrant information

Name

Amine Ghram

Name of organization / entity

Faculty of Physical Education and Sport Science,
Tehran University, Tehran, Iran

Country

Iran (Islamic Republic of)

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Recruitment status

Recruitment complete

Funding source

Investigator

Expected recruitment start date

2019-09-01, 1398/06/10

Expected recruitment end date

2019-09-30, 1398/07/08

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Effect of 8 weeks High-Intensity Interval Training on Aerobic Capacity, Pulmonary Function, Quality of Life, and Right Ventricular Function in Patients with Acute Pulmonary Embolism: A Randomized Control Trial Study, a Pilot Study

Public title

High Intensity Interval Training in Acute Pulmonary Embolism

Purpose

Treatment

Inclusion/Exclusion criteria**Inclusion criteria:**

Between 18-70 Years old; admitted with acute pulmonary embolism confirmed by pulmonary CT angiography signed informed consent

Exclusion criteria:

History of recurrent pulmonary embolism Low-risk pulmonary embolism Unable to participate in an exercise program Pregnancy Unable to read and understand the consent form

Age

From **18 years** old to **70 years** old

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **60**

Randomization (investigator's opinion)

Randomized

Randomization description

Randomization will be performed using Block stratified Randomization software version 6.0 via permuted block stratified randomization method with random blocks of 4, 8, 2, 6, and 10 patients. Based on this random list, individuals will be dedicated to intermittent exercise or the control group (without exercise). In order to have a random allocation sequence concealment, the list will be given to a research assistant who is unaware of the study protocol and has not a role in the study. Due to the nature of the study, blinding will not be applicable for the patients, outcome assessor and the interventionists and only the statistician is blinded to the study.

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**

Research Ethics Committee of Sport Sciences Research Institute

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No. 3, 5th Alley, Miremad Street, Motahhari Street, Tehran, Iran.

City

Tehran

Province

Tehran

Postal code

1587958711

Approval date

2019-07-01, 1398/04/10

Ethics committee reference number

IR.SSRC.REC.1398.057

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

Acute Pulmonary Embolism

ICD-10 code

I26

ICD-10 code description

Pulmonary embolism

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

Aerobic capacity

Timepoint

before and after 8 weeks

Method of measurement

Bruce modified test

2**Description**

Right ventricular function

Timepoint

before and after 8 weeks

Method of measurement

Two-dimensional and Doppler echocardiographic

3**Description**

Pulmonary function

Timepoint

before and after 8 weeks
Method of measurement
Spirometry test

4

Description

Quality of life

Timepoint

before and after 8 weeks

Method of measurement

SF36 questionnaire

Secondary outcomes

1

Description

Safety

Timepoint

before, during and after intervention

Method of measurement

Assessed by recording the number and type of adverse events and any remedial action recorded in the patient's exercise diary and interventionist records

Intervention groups

1

Description

The intervention group will receive a 8 weeks high intensity interval training, 3 sessions per week. Each session will last 50-55 minutes.

Category

Rehabilitation

2

Description

The control group will not receive any intervention.

Category

Treatment - Drugs

Recruitment centers

1

Recruitment center**Name of recruitment center**

Tehran heart center

Full name of responsible person

Dr. Yaser Jenab

Street address

Tehran Heart Center, North Kargar Street,
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Sponsors / Funding sources

1

Sponsor**Name of organization / entity**

Vice Chancellor for research, Tehran Heart Center (TUMS)

Full name of responsible person

Dr. Saeed Sadeghian

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Tehran Heart Center, North Kargar Ave, Tehran, Iran

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jenab@razi.tums.ac.ir

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, Tehran Heart Center (TUMS)

Proportion provided by this source

100

Public or private sector

Public

Domestic or foreign origin

Domestic

Category of foreign source of funding

empty

Country of origin**Type of organization providing the funding**

Academic

Person responsible for general inquiries

Contact**Name of organization / entity**

Tehran Heart Center

Full name of responsible person

Yaser Jenab

Position

Associate professor

Latest degree

Medical doctor

Other areas of specialty/work

Cardiology

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Person responsible for scientific inquiries

Contact

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Person responsible for updating data

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Sharing plan

Deidentified Individual Participant Data Set (IPD)

Yes - There is a plan to make this available

Study Protocol

Yes - There is a plan to make this available

Statistical Analysis Plan

Not applicable

Informed Consent Form

Yes - There is a plan to make this available

Clinical Study Report

Not applicable

Analytic Code

Not applicable

Data Dictionary

Yes - There is a plan to make this available

Title and more details about the data/document

Study protocol: The entire study protocol is shareable.
Statistical Analysis Map: The entire statistical analysis map is shareable. clinical study report: The entire clinical study report is shareable. Data categorization system: The Data categorization system is shareable.

When the data will become available and for how long

Start the access period 2 months after printing results

To whom data/document is available

Researchers working in Academic Institutions

Under which criteria data/document could be used

For any kind of research in the field of medicine is possible.

From where data/document is obtainable

Amine Ghram 00989011631984
ghram.amine@hotmail.fr

What processes are involved for a request to access data/document

After sending the request by email within 2 weeks, the documentation is sent by email.

Comments