

Clinical Trial Protocol

Iranian Registry of Clinical Trials

26 Jun 2026

Interactive Effect of Saffron Supplementation and Resistance Training on levels of some selected hormones

Protocol summary

Summary

Due to the use of saffron in the traditional medicine and works to prove it on sex hormones in male and importance of muscle contraction in stimulating the secretion of sex hormones, the aim of the present study is: the impact of interactive supplement of saffron and resistance training on levels of some selected hormones in young men. In a quasi-experimental design, 30 young men selected as samples and randomly assigned to resistance training (n = 15) and exercise with saffron supplements (n = 15) groups. Two groups of 6-week resistance training protocols that are 60 to 70% of 1 RM was carried out. The second group in the same period, a daily 150 mg tablets consumed pure saffron. Blood before and after six weeks, was performed to assess variables. The research findings using independent t-test at a significance level of 00/5 were analyzed.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2017082534144N2**

Registration date: **2017-09-11, 1396/06/20**

Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2017-09-11, 1396/06/20

Registrant information

Name

Babak Hooshmand Moghadam

Name of organization / entity

University of Tehran

Country

Iran (Islamic Republic of)

Phone

+98 51 3881 0540

Email address

mojgan1372m12@birjand.ac.ir

Recruitment status

Recruitment complete

Funding source

Private

Expected recruitment start date

2017-03-25, 1396/01/05

Expected recruitment end date

2017-05-26, 1396/03/05

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Interactive Effect of Saffron Supplementation and Resistance Training on levels of some selected hormones

Public title

Interactive Effect of Saffron Supplementation and Resistance Training on levels of some selected hormones

Purpose

Other

Inclusion/Exclusion criteria

Inclusion Criteria: Healthy; Non-athlete Nonathletic

Exclusion Criteria: Special diseases like diabetes and hypertension; Smoking; Regular exercises in two last years

Age

From **19 years** old to **29 years** old

Gender

Male

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: 30

Randomization (investigator's opinion)

Randomized

Randomization description

Blinding (investigator's opinion)

Not blinded

Blinding description

Placebo

Used

Assignment

Parallel

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Research Ethics Committee of Physical Education and Sport Sciences

Street address

impasse 5, district 7, Tehran, Iran

City

Tehran

Postal code

Approval date

2017-08-21, 1396/05/30

Ethics committee reference number

IR.SSRI.REC.1396.141

Health conditions studied

1

Description of health condition studied

healthy people

ICD-10 code

Z00

ICD-10 code description

General examination and investigation of persons without complaint and reported diagnosis

Primary outcomes

1

Description

testosterone

Timepoint

pretest: posttest 6week

Method of measurement

blood Sample

2

Description

FSH

Timepoint

pretest: posttest 6week

Method of measurement

blood Sample

3

Description

LH

Timepoint

pretest: posttest 6week

Method of measurement

blood Sample

4

Description

GH

Timepoint

pretest: posttest 6week

Method of measurement

blood Sample

5

Description

IGF-1

Timepoint

pretest: posttest 6week

Method of measurement

blood Sample

6

Description

Leptin

Timepoint

pretest: posttest 6week

Method of measurement

blood Sample

Secondary outcomes

empty

Intervention groups

1

Description

exercise+Saffron supplement

Category

Treatment - Drugs

2

Description

exercise+pelasebo

Category

Treatment - Drugs

Recruitment centers

1

Recruitment center

Name of recruitment center

Private

Full name of responsible person

Babak Hooshmand Hoghadam

Street address

Faculty of Physical Education and Sport Science of
Tehran University, Northern Kargar Ave, Tehran, Iran

City

Tehran

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Private

Full name of responsible person

Babak Hooshmand Moghadam

Street address

Faculty of Physical Education and Sport Science of
Tehran University, Northern Kargar Ave, Tehran, Iran

City

Tehran

Grant name

Grant code / Reference number

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

Yes

Title of funding source

Private

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

Private

Full name of responsible person

Babak Hooshmand Moghadam

Position

Graduate student, Tehran University

Other areas of specialty/work

Street address

Faculty of Physical Education and Sport Sciences,
University of Tehran, Northern Kargar Ave

City

Tehran

Postal code

Phone

+98 915 447 0468

Fax

Email

b.hooshmand.m@gmail.com

Web page address

Person responsible for scientific inquiries

Contact

Name of organization / entity

University of Tehran

Full name of responsible person

Abas Ali Gaeini

Position

Professor

Other areas of specialty/work

Street address

Faculty of Physical Education and Sport Sciences,
Tehran University , North Kargar Ave, Tehran, Iran

City

Tehran

Postal code

Phone

+98 936 711 6090

Fax

Email

aagaeini@ut.ac.ir

Web page address

Person responsible for updating data

Contact

Name of organization / entity

Private

Full name of responsible person

Babak Hooshmand Moghadam

Position

Graduate student, Tehran University

Other areas of specialty/work

Street address

Faculty of Physical Education and Sport Sciences,
University of Tehran, Northern Kargar Ave

City

Tehran

Postal code

Phone

+98 915 447 0468

Fax

Email

b.hooshmand.m@gmail.com

Web page address

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