

# 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**

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## Person responsible for scientific inquiries

### Contact

**Name of organization / entity**

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**Full name of responsible person**

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**Position**

Professor

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## Person responsible for updating data

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**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*