Clinical Trial Protocol
Iranian Registry of Clinical Trials

16 Sep 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 trainingon levels of some selected hormoneson 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

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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: postest 6week
Method of measurement
blood Sample

2

Description
FSH
Timepoint
pretest: postest 6week
Method of measurement
blood Sample

3

Description
LH
Timepoint
pretest: postest 6week
Method of measurement
blood Sample

4

Description
GH
Timepoint
pretest: postest 6week
Method of measurement
blood Sample

5

Description
IGF-1
Timepoint
pretest: postest 6week
Method of measurement
blood Sample

6

Description
Leptin
Timepoint
pretest: postest 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
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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
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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
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Person responsible for scientific inquiries

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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