

Clinical Trial Protocol

Iranian Registry of Clinical Trials

27 Jun 2026

Clinical trial effect of time of doing Exercise Test and Circadian Typology (Morningness-Eveningness) on results of exercise test and some of heart risk markers and electrolytes in patient with symptoms of Chronic Stable Angina

Protocol summary

Summary

Objectives: The aim of this study is evaluating the effect of time of day and circadian typology (morning -evening) on exercise test and some heart risk markers in patient with chronic stable angina symptoms. Design: Cardiologist selects 30 volunteers with chronic stable angina symptoms whom recognizing Circadian Typology. Then they fill the Horne-Ostberg Morningness-Eveningness Questionnaire (MEQ) and after that they do exercise tests. Setting performance objectives and conduct performance assessments: The participants do cross overlay two exercise tests in the morning (between 8 to 10 AM) and afternoon (between 3 to 5 PM) with 96 hour interval. All of them checked for blood analyzers in order to evaluate risk markers and electrolytes before and after each exercise test. If they need more care, they will be taken Angiograph operation. Major Inclusion and Exclusion Criteria: In this study, men and women who have symptoms of chronic stable angina and can do exercise tests successfully, qualified to enter the study. But participants who take drugs in medicine and don't need to Angiography will be excluded. Intervention: Doing two exercise tests once in the morning the other one in the afternoon. Main outcome measures (variables) Changing in risk factors (Fibrinogen, Homocysteine, CRP), electrolytes (sodium, potassium, calcium), HR, max Mets, test time, distances, ECG changes.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2017061834616N1**
Registration date: **2017-08-10, 1396/05/19**
Registration timing: **prospective**

Last update:

Update count: **0**

Registration date

2017-08-10, 1396/05/19

Registrant information

Name

Hassan Rajabimoghaddam

Name of organization / entity

Kashan University of Medical Sciences

Country

Iran (Islamic Republic of)

Phone

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Email address

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Recruitment status

Recruitment complete

Funding source

Vice chancellor for research, Kashan University of Medical Sciences

Expected recruitment start date

2017-08-11, 1396/05/20

Expected recruitment end date

2017-09-21, 1396/06/30

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Clinical trial effect of time of doing Exercise Test and Circadian Typology (Morningness-Eveningness) on results of exercise test and some of heart risk markers and electrolytes in patient with symptoms of Chronic

Stable Angina

Public title

Effect of time of doing exercise test on results of exercise test, Clinical trial effect of time of doing Exercise Test and Circadian Typology (Morningness-Eveningness) on results of exercise test and some of heart risk markers and electrolytes in patient with symptoms of Chronic Stable Angina

Purpose

Diagnostic

Inclusion/Exclusion criteria

Inclusion criteria: Patient with symptoms of chronic stable angina; Non others heart diseases (MI, Cardiomyopathy, Arythmie); and kidney, cancer and breathing diseases; Non taking particular medicine drugs; Non surgery at 6 last months; Non taking multivitamins at 6 last months; No regular activity. Non sudden relative death at exercise Exclusion criteria: Being negative both exercise test results;.Taking special drugs;.Doing exercise ; Unnatural ECG before exercise test; Smoking and Alcohol drinking 24 hours before test

Age

From **50 years** old to **65 years** old

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **30**

Randomization (investigator's opinion)

N/A

Randomization description

Blinding (investigator's opinion)

Not blinded

Blinding description

Placebo

Not used

Assignment

Other

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Researching accessorial in media sciences of kashan

Street address

Medical Faculty, University of Medical Sciences,
Ravand Boulevard, Kashan

City

Kashan

Postal code

8715988141

Approval date

2017-04-22, 1396/02/02

Ethics committee reference number

IR.KAUMS.REC.1396.18

Health conditions studied

1

Description of health condition studied

Chronic stable angina

ICD-10 code

120.9

ICD-10 code description

Anginal syndrome Ischaemic chest pain

Primary outcomes

1

Description

Sodium

Timepoint

Before and after exercise test

Method of measurement

Mmol.litre. Electrolyte analyzer

2

Description

MET

Timepoint

End of exercise test

Method of measurement

ml.kg.min. Recorded in the system

3

Description

Fibrinogen

Timepoint

Before and after exercise test

Method of measurement

mg/dl. Thrombotimer

4

Description

CRP

Timepoint

Before and after exercise test

Method of measurement

mg.dl.Thrombotimer

5

Description

Blood pressure

Timepoint

Bbefore and after exercise test

Method of measurement

mm.Hg. Recorded in the system

6

Description

Potassium

Timepoint

Before and after exercise test

Method of measurement

mmol.litre. Electrolyte analyzer

7

Description

Calcium

Timepoint

Before and after exercise test

Method of measurement

mmol.litre. Thrombotimer

8

Description

Homocysteine

Timepoint

Before and after exercise test

Method of measurement

µmol/L. Thrombotimer

9

Description

Distance

Timepoint

End of exercise test

Method of measurement

Meter. Recorded in the system

10

Description

ECG

Timepoint

During Of exercise testing

Method of measurement

Change of ECG. Recorded in the system

11

Description

Heart rate

Timepoint

In During exercise test

Method of measurement

bpm. Recorded in the system

Secondary outcomes

empty

Intervention groups

1

Description

Time of taking exercise test In the morning(8-10 am) In

the afternoon(3-5 pm)

Category

Other

Recruitment centers

1

Recruitment center

Name of recruitment center

Exercise test unit, Kashan University of Medical Sciences

Full name of responsible person

Dr Hassan Rajabimoghaddam

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University of Medical Sciences, Ravand Boulevard, Kashan

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Vice chancellor for research, Kashan University of Medical Sciences

Full name of responsible person

Dr Gholam Ali Hamidi

Street address

Medical Faculty, University of Medical Sciences, Ravand Boulevard, Kashan

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kashan

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, Kashan University of 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

Phd Student of Shahid Beheshti university in Tehran

Full name of responsible person

Maryam Mehrabi

Position

Cardiovascular exercise physiology

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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