

Clinical Trial Protocol

Iranian Registry of Clinical Trials

28 Jun 2026

The effect of aerobic exercise on the quality & quantity of sleep and metabolic profile in elderly referring to health care center of lar:2013

Protocol summary

Summary

This study is a quasi- experimental and double -blind study. Goal of study: to determine the effect of aerobic exercise on the quality & quantity of sleep and metabolic profile in elderly referring to health care of lar. Sampling methods: sampling (60 elderly) will randomly assign to two group: case & control with the blocking method. After obtaining informal consent, questionnaires completed by researcher before intervention. blood test for metabolic profile was done. Inclusion criteria are willingness to participate in the study and fluent in speaking and understanding Persian, age between 60-75 years without CVD & unstable angina physical defects & severe osteoporosis that limit aerobic exercise. being with cognitive or psychological abnormalities, lack of regular exercise, Not participate in the same study. exclusion criteria are not participating more than two sessions in exercise program. no willingness to cooperate. leg fracture & hospitalization. eating lipid lowering & hypnotic drugs. weakness of the extremities Each group will followed for 12 weeks. for case group, exercise program third a week for 1 hour each time done. exercise program is combines walking, stretching and swimming in the warm water. control group had only activity daily living was done. After 12 weeks the PSQI & quality question & blood test for lipid profile 48 hour after exercise program was done.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT201304102812N14**
Registration date: **2013-12-04, 1392/09/13**
Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2013-12-04, 1392/09/13

Registrant information

Name

Farkhondeh Sharif

Name of organization / entity

Shiraz University of Medical Sciences

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Iran (Islamic Republic of)

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fsharif@sums.ac.ir

Recruitment status

Recruitment complete

Funding source

Shiraz University of Medical Sciences

Expected recruitment start date

2013-02-19, 1391/12/01

Expected recruitment end date

2013-05-22, 1392/03/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effect of aerobic exercise on the quality & quantity of sleep and metabolic profile in elderly referring to health care center of lar:2013

Public title

Effect of aerobic exercise on blood lipid level & sleep in older adult people

Purpose

Prevention

Inclusion/Exclusion criteria

Inclusion criteria:Willingness to participate in the study and fluent in speaking and understanding Persian, age between 60-75 years without CVD & unstable angina physical defects & sever osteoporosis that limited aerobic exercise. being with cognitive or psychological abnormalities, lack of regular exercise, Not participate in the same study. Exclusion criteria:Don't participate more than two sessions in exercise program. no willingness to cooperate. leg fracture &hospitalization. consumption lipid lowering & hypnotic drugs. weakness of the extremities

Age

From **60 years** old to **75 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**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**

Shiraz University of Medical Sciences

Street address

Shiraz University Of Medical Sciences, Zand
Boulevard

City

Shiraz

Postal code

14336-71348

Approval date

2013-11-05, 1392/08/14

Ethics committee reference number

92/280280

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

quality & quantity sleep

ICD-10 code

G47

ICD-10 code description

(Disorder of initiating and maintaining sleep (insomnia

2**Description of health condition studied**

metabolic profile

ICD-10 code

E78

ICD-10 code description

Disorder of lipoprotein metabolis and other lipidaemias

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

Metabolic profile

Timepoint

Before interventions, after the end of intervention

Method of measurement

blood test for T.C, HDL, LDL,TG

2**Description**

Sleep Quantity

Timepoint

Before interventions, after the end of intervention

Method of measurement

Pitsburg (PSQI)questioner

3**Description**

Sleep Quality

Timepoint

Before interventions, after the end of intervention

Method of measurement

Pitsburg (PSQI)questioner

Secondary outcomes

empty

Intervention groups**1****Description**

Case group:For this group,exercise program three days in week, each time an 1hour for12 weeks was done.

Exercise program combines walking, streaching and swimming in the warm water(after 9sessionof program aerobic exercise we have a session for swimming .

Category

Prevention

2

Description

Group control only have normal daily activities.

Category

Other

Recruitment centers

1

Recruitment center

Name of recruitment center

Emam Reza Hospital

Full name of responsible person

Dr Ahmad Amanat

Street address

Emam Reza Hospita, Dr Dadman Highway, New city,
Lar

City

Lar

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Shiraz University Of Medical Sciences

Full name of responsible person

Dr Gholamreza Hatam

Street address

Vice Chancellr For Research Affairs, Shiraz University
Of Medical Sciences, Zand Boulevard, Shiraz, Iran

City

Shiraz

Grant name

Grant code / Reference number

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

Yes

Title of funding source

Shiraz 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

Shiraz University Of Medical Sciences

Full name of responsible person

Maryam Seddigh

Position

Geriatric Nursing Graduate Student

Other areas of specialty/work

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Professor

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Web page address

Person responsible for updating data

Contact

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