

Clinical Trial Protocol

Iranian Registry of Clinical Trials

12 Jul 2026

The effect of two types of aerobic exercises with different severity on serum SIRT1, some hepatocytes and angiogenic indices in women with type 2 diabetes

Protocol summary

Study aim

Design

Settings and conduct

Participants/Inclusion and exclusion criteria

Intervention groups

Main outcome variables

Funding source

with Exir vizvari

Expected recruitment start date

2017-07-01, 1396/04/10

Expected recruitment end date

2017-09-01, 1396/06/10

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

General information

Reason for update

Acronym

Physical Activity and diabetes

IRCT registration information

IRCT registration number: **IRCT20171104037225N1**

Registration date: **2017-11-28, 1396/09/07**

Registration timing: **retrospective**

Last update: **2017-11-28, 1396/09/07**

Update count: **0**

Registration date

2017-11-28, 1396/09/07

Registrant information

Name

Exir Vizvari

Name of organization / entity

Department of Physical education of Islamic Azad University

Country

Iran (Islamic Republic of)

Phone

+98 17 3254 3255

Email address

vizvariexir@yahoo.com

Scientific title

The effect of two types of aerobic exercises with different severity on serum SIRT1, some hepatocytes and angiogenic indices in women with type 2 diabetes

Public title

The effect of two types of aerobic exercises with different severity on serum SIRT1, some hepatocytes and angiogenic indices in women with type 2 diabetes

Purpose

Supportive

Inclusion/Exclusion criteria

Age

From **40 years** old to **50 years** old

Gender

Female

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **45**

Randomization (investigator's opinion)

Randomized

Randomization description

Recruitment status

Recruitment complete

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

Islamic Azad University of Iran

Street address

Peapartment of Madical Science,Azad University,sari

City

Sari

Postal code

Approval date

2017-09-25, 1396/07/03

Ethics committee reference number

IR.IAU.SARI.REC.1396.55

Health conditions studied

1

Description of health condition studied

type 2 Diabetes

ICD-10 code

E11

ICD-10 code description

Non insulin dependent diabete mellitus

Primary outcomes

1

Description

SIRT1

Timepoint

Before the intervention (exercise) and after 8 weeks intervention

Method of measurement

ELISA kit(Bio Vision)- ng/ml

2

Description

Fibroblast Growth Factor21

Timepoint

Before the intervention (exercise) and after 8 weeks intervention

Method of measurement

By ELISA- pg/ml

3

Description

Fetuin A

Timepoint

Before the intervention (exercise) and after 8 weeks intervention

Method of measurement

ELISA- ng/ml

4

Description

Nitric Oxide

Timepoint

Before the intervention (exercise) and after 8 weeks intervention

Method of measurement

ELISA- μmol/l

5

Description

Vascular Endothelial Growth Factor

Timepoint

Before the intervention (exercise) and after 8 weeks intervention

Method of measurement

ELISA- ng/ml

6

Description

Endostatin

Timepoint

Before the intervention (exercise) and after 8 weeks intervention

Method of measurement

ELISA- ng/ml

Secondary outcomes

1

Description

FBS

Timepoint

Before the intervention (exercise) and after 8 weeks intervention

Method of measurement

Autoanalyzer- mg/dl

2

Description

Glc 2HR

Timepoint

Before the intervention (exercise) and after 8 weeks intervention

Method of measurement

mg/dl

3

Description

A1c

Timepoint

Before the intervention and after 8 weeks intervention

Method of measurement

%

4

Description

TG

Timepoint

Before the intervention (exercise) and after 8 weeks intervention

Method of measurement

mg/dl

5

Description

Chol

Timepoint

Before the intervention (exercise) and after 8 weeks intervention

Method of measurement

mg/dl

6

Description

HDL

Timepoint

Before the intervention (exercise) and after 8 weeks intervention

Method of measurement

mg/dl

7

Description

LDL

Timepoint

Before the intervention (exercise) and after 8 weeks intervention

Method of measurement

mg/dl

8

Description

weight

Timepoint

Before the intervention (exercise) and after 8 weeks intervention

Method of measurement

Kg

Intervention groups

1

Description

Control group: with no exercise
Exercise groups: first group:5 sessions per week with moderate intensity for 8 weeks
second group:3sessions per week with vigorous intensity for 8 weeks

Category

Lifestyle

Recruitment centers

1

Recruitment center**Name of recruitment center**

Diabetes Center

Full name of responsible person

Dr Maryam Zahedi (internest)_ Mrs Atena Shams

Street address**City**

Gorgan

Sponsors / Funding sources

1

Sponsor**Name of organization / entity**

personality

Full name of responsible person

Exir Vizvari

Street address

number4- 9th alley- Sayad shirazi

City

Gorgan

Grant name**Grant code / Reference number****Is the source of funding the same sponsor organization/entity?**

Yes

Title of funding source

personality

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**

Department of Physical education and sport science

Full name of responsible person

Exir Vizvari

Position

Post graduated student

Other areas of specialty/work**Street address**

Sari- Islamic Azad University

City

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Postal code**Phone**

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vizvariexir@yahoo.com

Web page address**Person responsible for scientific inquiries****Contact****Name of organization / entity**

Islamic azad University of Iran

Full name of responsible person

Exir Vizvari

Position

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Full name of responsible person

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Fax**Email**

vizvariexir@yahoo.comvizvariexir@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