

Clinical Trial Protocol

Iranian Registry of Clinical Trials

30 Jun 2026

Comparison the effect of one session resistance training with and without vascular occlusion on growth hormone and lactate ion in athlete females

Protocol summary

Study aim

comparison between two exercise training

Design

The present study is an applied and semi experimental study with control group and pretest-post test design. The statistical population of this research is females basketball players aged 30-23 years and 7-10 years old playing basketball in Khuzestan province.

Settings and conduct

this semi experimental study will done in body building coliseum of Shahid Chamran university of Ahvaz

Participants/Inclusion and exclusion criteria

athlete females, carry 7_10 years exercise activity and 23-30 years old

Intervention groups

traditional resistance training (intensity 80% 1RM,)
resistance training with vascular occlusion (intensity 30% 1RM, with closing of tourniquet rubber around the proximal portion of the arm) control (restriction of blood flow with no exercise)

Main outcome variables

growth hormone and lactate ion

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20171203037718N1**

Registration date: **2018-02-12, 1396/11/23**

Registration timing: **retrospective**

Last update: **2018-02-12, 1396/11/23**

Update count: **0**

Registration date

2018-02-12, 1396/11/23

Registrant information

Name

Mojdeh Khajehlandi

Name of organization / entity

Country

Iran (Islamic Republic of)

Phone

+98 74 3232 1938

Email address

mojdeh.khajehlandi68@gmail.com

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2017-12-28, 1396/10/07

Expected recruitment end date

2017-12-31, 1396/10/10

Actual recruitment start date

2017-02-28, 1395/12/10

Actual recruitment end date

2017-12-02, 1396/09/11

Trial completion date

empty

Scientific title

Comparison the effect of one session resistance training with and without vascular occlusion on growth hormone and lactate ion in athlete females

Public title

Comparison the effect of one session resistance training with and without vascular occlusion on serum levels of growth hormone and lactate ion

Purpose

Education/Guidance

Inclusion/Exclusion criteria

Inclusion criteria:

athlete females with 7_10 years exercise activity range of 23-30 years old

Exclusion criteria:

lack of sickness

Age

From **23 years** old to **30 years** old

Gender

Female

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **30**

Actual sample size reached: **30**

Randomization (investigator's opinion)

Randomized

Randomization description

individual

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

Committe Ethics Of Shahid Chamran University

Street address

Golestan Boulevard, Shahid Shamran University of Ahvaz

City

Ahvaz

Province

Khuzestan

Postal code

61357-83151

Approval date

2017-12-31, 1396/10/10

Ethics committee reference number

IR.SCU.REC.1396.24.3.77896

Health conditions studied

1

Description of health condition studied

lack of sickness

ICD-10 code

ICD-10 code description

Primary outcomes

1

Description

growth hormone

Timepoint

blood was taken before and after exercise

Method of measurement

Monobind-USAf Laboratory Kit manufactured by the United States for measuring growth hormone

2

Description

lactate ion

Timepoint

blood was taken before and after exercise

Method of measurement

Biovision Calorimetric for measuring lactate respectively

Secondary outcomes

empty

Intervention groups

1

Description

Intervention group 1: Marin began with a set of 30 repetitions and ended with two sets and repeated until fatigue with a 30 second rest period.

Category

N/A

2

Description

Control group: Entervention group 2: With a 30% discontinuity, one maximal repeat and an unblocked group with 80% intensity performed a maximum repetition of the movements.

Category

N/A

3

Description

Control group: The control group also had 3 turns of the cuff with a 30-second rest without exercise.

Category

N/A

Recruitment centers

1

Recruitment center

Name of recruitment center

Centers of exercise

Full name of responsible person

Mojdeh Khajehlandi

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Golestan Street

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity
Vice Chancellor of Shadid Chamran University of Ahvaz
Full name of responsible person
Ebrahim Hajidolu
Street address
Golestan Boulevard
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<http://lib.scu.ac.ir/homepage.aspx?site=lib.scu.ac&tabid=4073&lang=fa-IR>

Grant name

Credits to the Shahid Chamran University of Ahvaz

Grant code / Reference number

844

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

Yes

Title of funding source

Vice Chancellor of Shadid Chamran University of Ahvaz

Proportion provided by this source

100

Public or private sector

Public

Domestic or foreign origin

Domestic

Category of foreign source of funding

empty

Country of origin

Type of organization providing the funding

Academic

Person responsible for general inquiries

Contact

Name of organization / entity
Shahid Chamran University of Ahvaz

Full name of responsible person

Mojdeh Khajehlandi

Position

Msc

Latest degree

Master

Other areas of specialty/work

Physiology

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Person responsible for scientific inquiries

Contact

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Full name of responsible person

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Person responsible for updating data

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Sharing plan

Deidentified Individual Participant Data Set (IPD)

Yes - There is a plan to make this available

Study Protocol

Yes - There is a plan to make this available

Statistical Analysis Plan

Yes - There is a plan to make this available

Informed Consent Form

Yes - There is a plan to make this available

Clinical Study Report

Yes - There is a plan to make this available

Analytic Code

Yes - There is a plan to make this available

Data Dictionary

Undecided - It is not yet known if there will be a plan to make this available

Title and more details about the data/document

all the data is shared

When the data will become available and for how long

after publication

To whom data/document is available

Academic situation

Under which criteria data/document could be used

all people

From where data/document is obtainable

email

What processes are involved for a request to access data/document

6 months

Comments