

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

05 Aug 2026

### Effects of concurrent training combine with green tea consumption on the level of blood lipids, fasting blood glucose and body composition in overweight and obese postmenopausal women

#### Protocol summary

##### Study aim

Assessing the effects of six weeks concurrent training combine with green tea consumption on level of blood lipids, fasting blood glucose and body composition in overweight and obese postmenopausal women

##### Design

clinical trail with parallel groups

##### Settings and conduct

Through the postmenopausal women's of Qazvin city, 20 volunteers women will be select and randomly assign into two groups and each group consist of 10 persons including: experimental (concurrent training combine with green tea consumption) and control. Participants in the experimental group will done exercise 3 times per week according to recommendations of American college of sport medicine and eating green tea three time per day.

##### Participants/Inclusion and exclusion criteria

Inclusion criteria: postmenopausal women with age ranges of 50-59 years that at least 48 months has been passed from last menstruation period and don't have metabolic or orthopedic problems. Exclusion criteria: sensitivity to green tea

##### Intervention groups

Experimental group: sex weeks intervention, three times per week concurrent aerobic- resistance training combine with daily consumption of green tea Control group: no intervention

##### Main outcome variables

Serum level of triglyceride; cholesterol; LDL-C; HDL-C

#### General information

##### Reason for update

##### Acronym

##### IRCT registration information

IRCT registration number: **IRCT20151209025449N3**

Registration date: **2018-02-13, 1396/11/24**

Registration timing: **retrospective**

Last update: **2018-02-13, 1396/11/24**

Update count: **0**

##### Registration date

2018-02-13, 1396/11/24

##### Registrant information

###### Name

Fatemeh Izaddoust

###### Name of organization / entity

Islamic Azad University Rasht Branch

###### Country

Iran (Islamic Republic of)

###### Phone

-

###### Email address

izaddoust@iaurasht.ac.ir

##### Recruitment status

**Recruitment complete**

##### Funding source

##### Expected recruitment start date

2017-09-22, 1396/06/31

##### Expected recruitment end date

2017-10-06, 1396/07/14

##### Actual recruitment start date

2017-10-01, 1396/07/09

##### Actual recruitment end date

2017-10-15, 1396/07/23

##### Trial completion date

empty

##### Scientific title

Effects of concurrent training combine with green tea consumption on the level of blood lipids, fasting blood glucose and body composition in overweight and obese

postmenopausal women

**Public title**  
Effects of concurrent training combine with green tea consumption in overweight and obese postmenopausal women

**Purpose**  
Prevention

**Inclusion/Exclusion criteria**  
**Inclusion criteria:**  
overweight and obese postmenopausal women Age ranges of 50-59 that at least 48 months was passed since last menses Not have orthopedic or metabolic disorders Not have diet in the last 6 month  
**Exclusion criteria:**  
Have allergy to green tea More than three sessions absence from the training Do not consume more than four servings of green tea

**Age**  
From **50 years** old to **59 years** old

**Gender**  
Female

**Phase**  
2-3

**Groups that have been masked**  
*No information*

**Sample size**  
Target sample size: **20**  
Actual sample size reached: **20**

**Randomization (investigator's opinion)**  
Randomized

**Randomization description**  
Random assignment of samples to experimental and control groups- Lottery

**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

Ethics Committee of Islamic Azad University Rasht Branch

##### Street address

Islamic Azad University Rasht Branch, Taleshan Bridge, Rasht

##### City

Rasht

##### Province

Guilan

#### Postal code

-

#### Approval date

2017-09-18, 1396/06/27

#### Ethics committee reference number

IR.IAU.RASHT.REC.1396.105

## Health conditions studied

### 1

#### Description of health condition studied

Overweight and obesity

#### ICD-10 code

E66.0

#### ICD-10 code description

Obesity due to excess calories

### 2

#### Description of health condition studied

postmenopausal women

#### ICD-10 code

N95.1

#### ICD-10 code description

Menopausal and female climacteric states

## Primary outcomes

### 1

#### Description

Triglyceride

#### Timepoint

Before and 48 hour after the end of interventions

#### Method of measurement

Serum level using photometric method

### 2

#### Description

cholesterol

#### Timepoint

Before and 48 hour after the end of interventions

#### Method of measurement

Serum level using photometric method

### 3

#### Description

LDL-C

#### Timepoint

Before and 48 hour after the end of interventions

#### Method of measurement

Serum level using enzymatic method

### 4

#### Description

HDL-C

#### Timepoint

Before and 48 hour after the end of interventions

**Method of measurement**

Serum level using enzymatic method

**5****Description**

Fasting blood glucose

**Timepoint**

Before and 48 hour after the end of interventions

**Method of measurement**

Serum level using photometric method

**Secondary outcomes****1****Description**

Body composition

**Timepoint**

Before and after the end of interventions

**Method of measurement**

Using by measuring body mass index, waist to hip ratio and body fat percent

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

Intervention group: six weeks intervention including three sessions per week aerobic- resistance training and daily consumption of green tea

**Category**

Prevention

**2****Description**

Control group: No intervention will be conducting.

**Category**

Other

**Recruitment centers****1****Recruitment center****Name of recruitment center**

Mellat Park, Qazvin, Qazvin, Iran

**Full name of responsible person**

Elahe heydari

**Street address**

Mellat Park, Qazvin, Qazvin, Iran

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Qazvin

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**Phone**

+98 13 3385 6174

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fa.izaddoust@gmail.com

**Sponsors / Funding sources****1****Sponsor****Name of organization / entity**

Islamic Azad University

**Full name of responsible person**

Ali Delpasand

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

No

**Title of funding source**

Private

**Proportion provided by this source**

100

**Public or private sector**

Private

**Domestic or foreign origin**

Domestic

**Category of foreign source of funding**

empty

**Country of origin****Type of organization providing the funding**

Other

**Person responsible for general inquiries****Contact****Name of organization / entity**

Islamic Azad University

**Full name of responsible person**

Dr Zahra Hojjati Zidashti, Elahe heydari

**Position**

Associate professor

**Latest degree**

Ph.D.

**Other areas of specialty/work**

Exercise physiology

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## Person responsible for scientific inquiries

### Contact

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Dr Zahra Hojjati Zidashti  
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## Person responsible for updating data

### Contact

**Name of organization / entity**  
Islamic Azad University  
**Full name of responsible person**

Fatemeh Izaddoust  
**Position**  
Ph.D student  
**Latest degree**  
Master  
**Other areas of specialty/work**  
Exercise physiology  
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## Sharing plan

### Deidentified Individual Participant Data Set (IPD)

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

### Study Protocol

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

### Statistical Analysis Plan

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

### Informed Consent Form

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

### Clinical Study Report

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

### Analytic Code

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

### Data Dictionary

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