

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

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Mellat Park, Qazvin, Qazvin, Iran

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

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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 updating data

Contact

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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