

Clinical Trial Protocol

Iranian Registry of Clinical Trials

28 Jun 2026

The effect of aerobic exercise in water with and without green tea consumption on kidney function in sedentary postmenopausal women

Protocol summary

Study aim

investigate the effect of aerobic exercise with and without green tea consumption on kidney function in obese and sedentary postmenopausal women

Design

The clinical trial was performed in 3 experimental groups and without control group. The samples were selected by randomized purposeful method and divided into groups by simple random method. The sample size was 29, and blindness was not done. The aim of clinical trial was to investigate the effect of aerobic exercise and green tea on kidney function.

Settings and conduct

Location: Mashhad city, Indoor swimming pool for exercise and exercise+supplement groups. Blindness was not done in this study. The present study was quasi-experimental with pre-test and post-test design.

Participants/Inclusion and exclusion criteria

entry: BMI more than 25 kg/m²; Age range between 50-65 years; At least 2 years after menopause. No entry: Suffering from special and underlying diseases; Forced to use drug; Movement and exercise restrictions.

Intervention groups

Intervention group 1: exercise include aerobic exercise in water for 8 weeks, 3 sessions per week and 45-60 minutes with 65-75% maximum heart rate intensity; Intervention group 2: intake green tea supplement for 8 weeks, 3 times per a day and 200 ml per serving; Intervention group 3: Exercise+Supplement include aerobic exercise in water for 8 weeks, 3 sessions per week and 45-60 minutes with 65-75% maximum heart rate intensity+intake green tea supplement for 8 weeks, 3 times per a day and 200 ml per serving.

Main outcome variables

Kidney Function Indicators include: Creatinine, urea and uric acid

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20180124038494N1**

Registration date: **2018-03-04, 1396/12/13**

Registration timing: **retrospective**

Last update: **2018-03-04, 1396/12/13**

Update count: **0**

Registration date

2018-03-04, 1396/12/13

Registrant information

Name

Fahime Sadat Jamali

Name of organization / entity

Country

Iran (Islamic Republic of)

Phone

+98 51 3501 2774

Email address

fahimesadat.jamali@mail.um.ac.ir

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2013-07-23, 1392/05/01

Expected recruitment end date

2013-08-23, 1392/06/01

Actual recruitment start date

2013-10-02, 1392/07/10

Actual recruitment end date

2013-10-12, 1392/07/20

Trial completion date

empty

Scientific title

The effect of aerobic exercise in water with and without green tea consumption on kidney function in sedentary postmenopausal women

Public title

Effect of aerobic exercise and green tea on kidney function in women

Purpose

Supportive

Inclusion/Exclusion criteria**Inclusion criteria:**

BMI more than 25 kg/m² At least 2 yaers after menopause Not participating in sports activities at least two months before the start of the research

Exclusion criteria:

suffering from underlying and specific diseases Forced to use drug movemont and exercise restrictions

Age

From **50 years** old to **65 years** old

Gender

Female

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **30**

Actual sample size reached: **29**

Randomization (investigator's opinion)

Randomized

Randomization description

For sampling, randomized purposeful method and for grouping the participants, simple random method was used.

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 Mashhad University of Medical Sciences

Street address

Danesh va salamat City., Between Shahid javan and Al shahidi sq., Shahid Fakouri Blvd., Mashhad

City

Mashhad

Province

Razavi Khorasan

Postal code

9177899191

Approval date

2016-10-29, 1395/08/08

Ethics committee reference number

IR.MUMS.Rec.1395.386

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

Obesity

ICD-10 code

E66.0

ICD-10 code description

Obesity due to excess calories

2**Description of health condition studied**

Menopause

ICD-10 code

N95.1

ICD-10 code description

Menopausal and female climacteric states

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

creatinine

Timepoint

48 hours before the start of the intervention and 48 hours after the end of the intervention

Method of measurement

Useing kit and autoanalyzer device

2**Description**

Urea

Timepoint

48 hours before the start of the intervention and 48 hours after the end of the intervention

Method of measurement

Useing kit and autoanalyzer device

3**Description**

Uric acid

Timepoint

48 hours before the start of the intervention and 48 hours after the end of the intervention

Method of measurement

Useing kit and autoanalyzer device

Secondary outcomes

empty

Intervention groups

1

Description

Intervention group 1: Aerobic exercise in water for 8 weeks, 3 sessions per week and 45-60 minutes with 65-75% maximum heart rate intensiti.

Category

Prevention

2

Description

Intervention group 2: intake green tea supplement for 8 weeks, 3 times per a day and 200 ml per serving.

Category

Prevention

3

Description

Intervention group: Exercise+Supplements: Aerobic exercise in water for 8 weeks, 3 sessions per week and 45-60 minutes with 65-75% maximum heart rate intensiti+intake green tea supplement for 8 weeks, 3 times per a day and 200 ml per serving.

Category

Prevention

Recruitment centers

1

Recruitment center

Name of recruitment center

Armaghan Sports Complex

Full name of responsible person

Reza Pasban

Street address

No. 23, Resalat Ave., Ferdowsi Blvd., Mashhad Town

City

Mashhad

Province

Razavi Khorasan

Postal code

9899656372

Phone

+98 51 3609 0634

Fax

Email

re.pas63@yahoo.com

Web page address

<http://armaghanpool.ir>

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

The Ferdowsi University of Mashhad

Full name of responsible person

Ahmadreza Bahrami

Street address

Azadi Sq., Mashhad., Iran

City

Mashhad

Province

Razavi Khorasan

Postal code

9117941974

Phone

+98 51 3880 2422

Email

a.safarnejad@gmail.com

Grant name

Grant code / Reference number

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

Yes

Title of funding source

The Ferdowsi University of Mashhad

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

Ferdowsi University of Mashhad

Full name of responsible person

Fahime Sadat Jamali

Position

Lecturer and phd student of ferdowsi university of mashhad

Latest degree

Master

Other areas of specialty/work

Physiology

Street address

No. 14, Dandanpezeshtkan Blvd., Vakilabad Blvd

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Person responsible for scientific inquiries

Contact

Name of organization / entity

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Full name of responsible person

Fahime Sadat Jamali

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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

No - There is not a plan to make this available

Statistical Analysis Plan

Not applicable

Informed Consent Form

No - There is not a plan to make this available

Clinical Study Report

No - There is not a plan to make this available

Analytic Code

Not applicable

Data Dictionary

No - There is not a plan to make this available