Clinical Trial Protocol
Iranian Registry of Clinical Trials

18 Sep 2026

The effect of Pilates exercises on some respiratory indices in obese women

Protocol summary

Study aim
The effect of Pilates exercise program on some respiratory parameters of obese sedentary women
Design
There were two groups. 1. Pilates Training Group 2. Control group (no exercise activity) First, people who voluntarily participated in this recall were collected. Selected subjects were 30 who were randomly divided into two groups of control and exercise, each of which were 15 people.
Settings and conduct
The recall announcement was published in the city of Ahvaz. Applicants contacted the responsible person through the contact number in the announcement. People who entered the research did Pilates exercises. These exercises were performed at the sports complex of Shahid Chamran University of Ahwaz. The training group trained Pilates for eight weeks (three sessions per week), while the control group did not exercise any activity
Participants/Inclusion and exclusion criteria
Notification was made through broadcast announcements in different areas of Ahwaz. The subjects were selected voluntarily and with the necessary conditions and characteristics of the study including BMI above 30 (obese), lack of any regular exercise, no cardiovascular disease, hypertension and diabetes.
Intervention groups
The intervention group performed pilates training for eight weeks The control group did not exercise
Main outcome variables
Pilates training is expected to affect some respiratory indices

General information

Reason for update
Acronym
IRCT registration information
IRCT registration number: **IRCT20180125038503N1**
Registration date: **2018-04-21, 1397/02/01**
Registration timing: **retrospective**

Last update: **2018-04-21, 1397/02/01**
Update count: **0**
Registration date
2018-04-21, 1397/02/01

Registrant information
Name
Rezvan Kheirandish
Name of organization / entity
Shahid Chamran University
Country
Iran (Islamic Republic of)
Phone
+98 61 5272 7465
Email address
khairandish_sport@yahoo.com

Recruitment status
Recruitment complete
Funding source

Expected recruitment start date
2018-04-04, 1397/01/15
Expected recruitment end date
2018-04-19, 1397/01/30
Actual recruitment start date
empty
Actual recruitment end date
empty
Trial completion date
empty

Scientific title
The effect of Pilates exercises on some respiratory indices in obese women

Public title
The effect of Pilates on respiratory indices

Purpose
Health service research
Inclusion/Exclusion criteria
Inclusion criteria:
Continuous sports activities BMI above 30
Exclusion criteria:
People with diabetes Cardiovascular disease Having high blood pressure
Age
From **29 years** old to **39 years** old
Gender
Female

Phase
N/A
Groups that have been masked
No information
Sample size
Target sample size: **30**
Randomization (investigator's opinion)
Randomized
Randomization description
The present study was a semi experimental study with design pretest-posttest. The statistical population of this study was obese women (BMI> 30) in Ahvaz city. After notification and advertisement in the city of Ahvaz, 120 obese women were eligible to participate in the study. Among them, 30 subjects were randomly divided into two groups of Pilates exercise (n = 15) and control (n = 15) were divided.
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 Behbahan Faculty of Medical Sciences
Street address
Shahid Chamran University., Golestan Blvd.,Ahwaz Town
City
Ahvaz
Province
Khouzestan
Postal code
2044 3333
Approval date
2017-11-16, 1396/08/25
Ethics committee reference number
IR.BHN.REC.1396.8

Health conditions studied

1

Description of health condition studied
Respiratory Function
ICD-10 code
j00,j99
ICD-10 code description
Diseases of the respiratory system

Primary outcomes

1

Description
Respiratory indicators
Timepoint
Before the workout and eight weeks after the workout
Method of measurement
Spirometry

Secondary outcomes

empty

Intervention groups

1

Description
Intervention group: A group that has Pilates exercises.
Category
Other

2

Description
Control group: No exercise activity.
Category
Other

Recruitment centers

1

Recruitment center
Name of recruitment center
Ahvaz city
Full name of responsible person
Rezvan Kheirandish
Street address
Shahid Chamran University., Golestan Blvd.,Ahwaz Town
City
Ahwaz city
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2044 3333

Phone
+98 61 3333 0019
Email
Khairandish_sport@yahoo.com
Web page address
http://fa.irct.ir/user/trial/29265/update/recruitment_center

Sponsors / Funding sources

1

Sponsor
Name of organization / entity
Research Deputy Shahid Chamran University of Ahvaz
Full name of responsible person
Dr. Ebrahim Haji Dulou
Street address
Shahid Chamran University., Golestan Blvd.,Ahwaz Town
City
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Phone
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hajidae@scu.ac.ir
Web page address
http://fa.irct.ir/user/trial/29265/update/scientific_queries_contact
Grant name
-
Grant code / Reference number
-
Is the source of funding the same sponsor organization/entity?
Yes
Title of funding source
Research Deputy Shahid 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
The Shahid Chamran University Of Ahwaz
Full name of responsible person
Rezvan Kheirandish
Position
Coach
Latest degree
Master
Other areas of specialty/work
Sport Physiology
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Shahid Chamran University., Golestan Blvd.,Ahwaz Town
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Person responsible for scientific inquiries

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Person responsible for updating data

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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