

Clinical Trial Protocol

Iranian Registry of Clinical Trials

31 Jul 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 Ahwaz. 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.,Ahvaz 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.,Ahvaz Town

City

Ahvaz city

Province

Khouzestan

Postal code

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
Ahvaz
Province
Khouzestan
Postal code
2044 3333
Phone
+98 61 3333 0019
Email
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
Street address
Shahid Chamran University., Golestan Blvd., Ahwaz Town

City

Ahwaz

Province

Khouzestan

Postal code

2044 3333

Phone

+98 61 3333 0019

Email

Khairandish_sport@yahoo.com

Web page address

http://fa.irct.ir/user/trial/29265/update/public_queries_contact

Person responsible for scientific inquiries

Contact

Name of organization / entity
Shahid Chamran University Of Ahvaz
Full name of responsible person
Rezvan Kheirandish
Position
Coach
Latest degree
Master
Other areas of specialty/work
Sport Physiology
Street address
Shahid Chamran University., Golestan Blvd., Ahwaz Town
City
Ahwaz
Province
Khouzestan
Postal code
2044 3333
Phone
+98 61 3333 0019
Email
Khairandish_sport@yahoo.com
Web page address
http://fa.irct.ir/user/trial/29265/update/scientific_queries_contact

Person responsible for updating data

Contact

Name of organization / entity
Shahid Chamran University Of Ahwaz
Full name of responsible person
Rezvan Kheirandish
Position
Coach

Latest degree

Master

Other areas of specialty/work

Sport Physiology

Street address

Shahid Chamran University., Golestan Blvd., Ahwaz
Town

City

Ahwaz

Province

Khouzestan

Postal code

2044 3333

Phone

+98 61 3333 0019

Email

Khairandish_sport@yahoo.com

Web page address

http://fa.irct.ir/user/trial/29265/update/scientific_queries_contact

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