

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

07 Jun 2026

### Comparing the effectiveness of high-intensity interval training and futsal training on physical fitness, quality of life and some schizophrenia symptoms

#### Protocol summary

##### Study aim

Assessing the effectiveness of high-intensity interval training and futsal on fitness, quality of life and some of the symptoms of schizophrenia

##### Design

In this research, 42 volunteers man with schizophrenia will be selected as the study population and randomly divide into three groups ; High intensity interval training, Futsal Group, and control group

##### Settings and conduct

The present study is a semi-experimental study among the men suffering from chronic mental illness of paranoid schizophrenia in Rasht's Asayesh center. The subjects will participate in High intensity interval training and Futsal training for 8 weeks.

##### Participants/Inclusion and exclusion criteria

Inclusion criteria: Male patients with schizophrenia.

Exclusion criteria: Extreme positive symptoms, Having cardiovascular disease, Having regular exercise.

##### Intervention groups

High intensity interval training ( HIIT) group: Eight weeks, three times per week, with intensity 70-85% Maximum heart rate. Futsal Group: Eight weeks, three times per week, 40 minutes and control group: Without intervention

##### Main outcome variables

Body composition, Quality of Life, Negative symptoms, Physical Fitness

#### General information

##### Reason for update

##### Acronym

##### IRCT registration information

IRCT registration number: **IRCT20150531022498N22**

Registration date: **2018-05-08, 1397/02/18**

Registration timing: **retrospective**

Last update: **2018-05-08, 1397/02/18**

Update count: **0**

##### Registration date

2018-05-08, 1397/02/18

##### Registrant information

###### Name

Ramin Shabani

###### Name of organization / entity

Islamic Azad University

###### Country

Iran (Islamic Republic of)

###### Phone

+98 13 3375 2715

###### Email address

shabani@iaurasht.ac.ir

##### Recruitment status

**Recruitment complete**

##### Funding source

##### Expected recruitment start date

2016-07-20, 1395/04/30

##### Expected recruitment end date

2016-09-21, 1395/06/31

##### Actual recruitment start date

empty

##### Actual recruitment end date

empty

##### Trial completion date

empty

##### Scientific title

Comparing the effectiveness of high-intensity interval training and futsal training on physical fitness, quality of life and some schizophrenia symptoms

##### Public title

Comparing the effectiveness of high-intensity interval training and futsal training in schizophrenia patients

## Purpose

Prevention

## Inclusion/Exclusion criteria

### Inclusion criteria:

Male patients with schizophrenia

### Exclusion criteria:

Extreme positive symptoms Having cardiovascular disease Having regular exercise

## Age

From **35 years** old to **50 years** old

## Gender

Male

## Phase

2

## Groups that have been masked

*No information*

## Sample size

Target sample size: **42**

## Randomization (investigator's opinion)

Randomized

## Randomization description

Assigning samples using Simple random-lottery method

## 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

۴۱۴۷۶۵۴۹۱۹

#### Approval date

2018-02-04, 1396/11/15

#### Ethics committee reference number

IR.IAU. RASHT.REC.1396.120

## Health conditions studied

### 1

#### Description of health condition studied

Schizophrenia

#### ICD-10 code

F20.0

#### ICD-10 code description

Paranoid schizophrenia

## Primary outcomes

### 1

#### Description

Body composition

#### Timepoint

Before and at the end of intervention

#### Method of measurement

Using weight, body mass index, fat percent

### 2

#### Description

Quality of Life

#### Timepoint

Before and at the end of intervention

#### Method of measurement

Using quality of Life questionnaire

### 3

#### Description

Negative symptoms

#### Timepoint

Before and at the end of intervention

#### Method of measurement

Using scale evaluation negative symptom questionnaire (SANS )

### 4

#### Description

Physical Fitness

#### Timepoint

Before and at the end of intervention

#### Method of measurement

Using measurement of anaerobic power, explosive power, agility, and cardiovascular fitness

## Secondary outcomes

empty

## Intervention groups

### 1

#### Description

Intervention group: High intensity interval training ( HIIT) group: Eight weeks, three times per week, with intensity 70-85% Maximum heart rate

#### Category

Prevention

## 2

### Description

Intervention group: Futsal Group: Eight weeks, three times per week, 40 minutes

### Category

Prevention

## 3

### Description

Control group: Without intervention

### Category

Prevention

## Recruitment centers

### 1

#### Recruitment center

##### Name of recruitment center

Asayesh center of Rasht

##### Full name of responsible person

Amin anami

##### Street address

Taleshan Bridge, Azad university of rasht,Rasht

##### City

Rasht

##### Province

Guilan

##### Postal code

4147654919

##### Phone

+98 13 3342 2153

##### Email

marzieh.nazari.v@gmail.com

## Sponsors / Funding sources

### 1

#### Sponsor

##### Name of organization / entity

Islamic Azad University

##### Full name of responsible person

Ali Delpasand

##### Street address

Islamic Azad University Rasht Branch, Taleshan Bredge

##### City

Rasht

##### Province

Guilan

##### Postal code

4147654919

##### Phone

+98 13 3385 6174

##### Email

shabani\_msn@yahoo.com

##### Grant name

##### Grant code / Reference number

##### Is the source of funding the same sponsor

##### organization/entity?

No

##### Title of funding source

Personality, Researcher

##### 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

Academic

## Person responsible for general inquiries

#### Contact

##### Name of organization / entity

Islamic Azad University

##### Full name of responsible person

Amin anami

##### Position

student

##### Latest degree

Master

##### Other areas of specialty/work

Physical Education

##### Street address

Taleshan Bridge, Azad university of rasht,Rasht

##### City

Rasht

##### Province

Guilan

##### Postal code

4147654919

##### Phone

+98 13 3342 4153

##### Email

marzieh.nazari@gmail.com

## Person responsible for scientific inquiries

#### Contact

##### Name of organization / entity

Islamic Azad University

##### Full name of responsible person

Ramin shabani

##### Position

Associate Professor

##### Latest degree

Ph.D.

##### Other areas of specialty/work

Physical Education

##### Street address

Taleshan Bridge, Azad University of rasht,Rasht

##### City

Rasht

##### Province

Guilan

**Postal code**

4147654919

**Phone**

+98 13 3342 3308

**Email**

shabani\_msn@yahoo.com

**Phone**

+98 13 3342 3308

**Email**

marzieh.nazari.v@gmail.com

**Person responsible for updating data****Contact****Name of organization / entity**

Islamic Azad University

**Full name of responsible person**

Marzieh nazari

**Position**

Ph.D. student

**Latest degree**

Master

**Other areas of specialty/work**

Physical Education

**Street address**

Taleshan Bridge, Azad University of rasht,Rasht

**City**

Rasht

**Province**

Guilan

**Postal code**

4147654919

**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