

Clinical Trial Protocol

Iranian Registry of Clinical Trials

18 Sep 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)

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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

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity

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Full name of responsible person

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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

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

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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