# Clinical Trial Protocol
# Iranian Registry of Clinical Trials

17 Sep 2026

## Effects of physical practice on Quality of life, physical activity & power of judge in hemodialyses patients

## Protocol summary

**Study aim**
Effects of physical practice on Quality of life, physical activity & power of judge in hemodialyses patients
**Design**
This study is clinical trial and double blind.45 patients undergoing hemodialysis in Valiasr Hospital are enrolled.30 patients in the exercise group and 15 patients in the control group.
**Settings and conduct**
This study is clinical trial and double blind.45 patients undergoing hemodialysis in Valiasr Hospital are enrolled.The analyzer and outcome reviewer is not aware of the treatment received.this study is double blind.
**Participants/Inclusion and exclusion criteria**
Effects of physical practice on Quality of life, physical activity & power of judge in hemodialyses patients
**Intervention groups**
We will divide patients in 2 groups(exercise and control).We is performed exercise 3 times a week according to the schedule of dialysis days, and preferably in the first 2 hours of hemodialysis in intervention group.There is no exercise program in the control group.
**Main outcome variables**
Quality of life, evaluation of muscle strength

## General information

**Reason for update**
**Acronym**
**IRCT registration information**
IRCT registration number: **IRCT20141209020258N78**
Registration date: **2018-05-31, 1397/03/10**
Registration timing: **retrospective**

Last update: **2018-05-31, 1397/03/10**
Update count: **0**
**Registration date**
2018-05-31, 1397/03/10

**Registrant information**
**Name**
Fariba Farokhi
**Name of organization / entity**
Arak University of Medical Sciences
**Country**
Iran (Islamic Republic of)
**Phone**
+98 86 3222 2003
**Email address**
f.farokhi@arakmu.ac.ir

**Recruitment status**
**Recruitment complete**
**Funding source**

**Expected recruitment start date**
2014-11-19, 1393/08/28
**Expected recruitment end date**
2016-11-18, 1395/08/28
**Actual recruitment start date**
empty
**Actual recruitment end date**
empty
**Trial completion date**
empty

**Scientific title**
Effects of physical practice on Quality of life, physical activity & power of judge in hemodialyses patients

**Public title**
Effects of physical practice on Quality of life, physical activity & power of judge in hemodialyses patients
**Purpose**
Prevention
**Inclusion/Exclusion criteria**
**Inclusion criteria:**
18-60 years There is no myocardial infarction in the last 1 month Lack of visual impairment or hearing loss Do not

use drugs that cause cognitive impairment, such as chemotherapy drugs

**Exclusion criteria:**

A member's amputation is a condition in which the patient is not able to use a fixed bike Perform less than 70% of the exercise program. Uncontrolled diabetes pregnant women CVA recent

**Age**

From **18 years** old to **60 years** old

**Gender**

Both

**Phase**

2-3

**Groups that have been masked**

- Outcome assessor
- Data analyser

**Sample size**

Target sample size: **45**

**Randomization (investigator's opinion)**

Randomized

**Randomization description**

simple randomization with use random numbers

**Blinding (investigator's opinion)**

Double blinded

**Blinding description**

Analyzer and outcome reviewer is not aware of the treatment received.this study is double blind.

**Placebo**

Not used

**Assignment**

Parallel

**Other design features**

## Secondary Ids

empty

## Ethics committees

### 1

**Ethics committee**

**Name of ethics committee**

Ethics committee Arak University Of Medical Sciences

**Street address**

Vice chancellor for research, Payambar azam complex, Basij squre, Sardasht, Arak

**City**

Arak

**Province**

Markazi

**Postal code**

3814957558

**Approval date**

2016-11-18, 1395/08/28

**Ethics committee reference number**

93-168-1

## Health conditions studied

### 1

**Description of health condition studied**

Hemodialysis

**ICD-10 code**

R88.0

**ICD-10 code description**

Cloudy (hemodialysis) (peritoneal) dialysis effluent

## Primary outcomes

### 1

**Description**

Quality of life

**Timepoint**

Before exercise, third and sixth months

**Method of measurement**

Quality of Life Questionnaire

### 2

**Description**

Evaluation of muscle strength

**Timepoint**

Before the beginning of the exercise program, 12 week and 24 week exercise program

**Method of measurement**

sports test sit and stand 30 second

## Secondary outcomes

empty

## Intervention groups

### 1

**Description**

Intervention group: We is performed exercise 3 times a week according to the schedule of dialysis days, and preferably in the first 2 hours of hemodialysis in intervention group.

**Category**

Treatment - Other

### 2

**Description**

Control group: There is no exercise program in the control group.

**Category**

Treatment - Other

## Recruitment centers

### 1

**Recruitment center**

**Name of recruitment center**

Valiasr hospital
**Full name of responsible person**
Dr Parvin Sultani
**Street address**
Valiasr Hospital, Valiasr squre, Shahid Shirodi street
**City**
Arak
**Province**
Markazi
**Postal code**
3814957558
**Phone**
+98 86 3222 2003
**Email**
soltani.parvin@yahoo.com

## Sponsors / Funding sources

**1**

**Sponsor**
**Name of organization / entity**
Arak University of Medical Sciences
**Full name of responsible person**
Dr Arjmandzadegan
**Street address**
Vice chancellor for research, Payambar azam complex, Basij squre, Sardasht, Arak
**City**
Arak
**Province**
Markazi
**Postal code**
38149578558
**Phone**
+98 86 3417 3638
**Fax**
+98 86 3222 2003
**Email**
arjmandzadegan@arakmu.ac.ir
**Grant name**
**Grant code / Reference number**
**Is the source of funding the same sponsor organization/entity?**
Yes
**Title of funding source**
Arak University of Medical Sciences
**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**
Arak University of Medical Sciences
**Full name of responsible person**
Dr Leila Poursaadat
**Position**
Associate professor
**Latest degree**
Specialist
**Other areas of specialty/work**
Neurology
**Street address**
Payambar azam complex, Basij squre, Sardasht, Arak
**City**
Arak
**Province**
Markazi
**Postal code**
38149578558
**Phone**
+98 86 3417 3638
**Email**
Porsaadat@arakmu.ac.ir

## Person responsible for scientific inquiries

**Contact**
**Name of organization / entity**
Arak University of Medical Sciences
**Full name of responsible person**
Dr Parvin Sultani
**Position**
Assisstant professor
**Latest degree**
Subspecialist
**Other areas of specialty/work**
Internal Medicine
**Street address**
Payambar azam complex, Basij squre, Sardasht, Arak
**City**
Arak
**Province**
Markazi
**Postal code**
38149578558
**Phone**
+98 86 3417 3638
**Email**
soltani.parvin@yahoo.com

## Person responsible for updating data

**Contact**
**Name of organization / entity**
Arak University of Medical Sciences
**Full name of responsible person**
Dr Parvin Sultani
**Position**
Assistant professor
**Latest degree**
Subspecialist
**Other areas of specialty/work**

Internal Medicine
**Street address**
Payambar azam complex, Basij squre, Sardasht, Arak
**City**
Arak
**Province**
Markazi
**Postal code**
38149578558
**Phone**
+98 86 3222 2003
**Email**
soltani.parvin@yahoo.com

## Sharing plan

**Deidentified Individual Participant Data Set (IPD)**
Yes - There is a plan to make this available
**Study Protocol**
Yes - There is a plan to make this available
**Statistical Analysis Plan**
Yes - There is a plan to make this available
**Informed Consent Form**
Yes - There is a plan to make this available
**Clinical Study Report**
Yes - There is a plan to make this available
**Analytic Code**
Yes - There is a plan to make this available
**Data Dictionary**
Yes - There is a plan to make this available
**Title and more details about the data/document**
When we publish article in journal
**When the data will become available and for how long**
After the article is published
**To whom data/document is available**
researcher in university
**Under which criteria data/document could be used**
If there are additional questions
**From where data/document is obtainable**
Dr Parvin Sultani
**What processes are involved for a request to access data/document**
They have to write letters to the professors and the university.
**Comments**