Clinical Trial Protocol
Iranian Registry of Clinical Trials

22 Nov 2026

Study of the effect of a session of endurance activity on the serum concentration of CC16 and SP-D in endurance elite runners and recreational runners

Protocol summary

Study aim
The purpose of the present study was to investigate the effect of a session of endurance activity on serum concentration of CC16 and SP-D in elite endurance runners and recreational runners

Design
experience and control group, community based and pragmatic, parallel group, not blinded, randomised

Settings and conduct
30 Minute Aerobic Exercise at Bagshomal Trail in Tabriz, at 9am and without blindness of groups

Participants/Inclusion and exclusion criteria
Inclusion criteria: having a history of championship in the province and country; Exclusion criteria: having heart and lung diseases and smokers

Intervention groups
Intervention group: 10 elite male runners who worked at least 60 kilometers per week in the last two years and became the champion of the province. Control group: 10 male amusement runners who run for health

Main outcome variables
Surfactant and Clara cell

General information

Reason for update

Acronym

IRCT registration information
IRCT registration number: **IRCT20180513039637N1**
Registration date: **2018-06-18, 1397/03/28**
Registration timing: **retrospective**

Last update: **2018-06-18, 1397/03/28**
Update count: **0**

Registration date
2018-06-18, 1397/03/28

Registrant information

Name
Hadi Pourmanaf
Name of organization / entity
Tehran University
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Iran (Islamic Republic of)
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Recruitment status
Recruitment complete

Funding source

Expected recruitment start date
2017-05-05, 1396/02/15

Expected recruitment end date
2017-05-10, 1396/02/20

Actual recruitment start date
2017-05-05, 1396/02/15

Actual recruitment end date
2017-05-10, 1396/02/20

Trial completion date
empty

Scientific title
Study of the effect of a session of endurance activity on the serum concentration of CC16 and SP-D in endurance elite runners and recreational runners

Public title
Effect of endurance activity on respiratory

Purpose
Education/Guidance

Inclusion/Exclusion criteria
Inclusion criteria:
Two years of championship experience in the province and country Non-smoker and healthy With no history of

pulmonary disease and other clinical conditions
Exclusion criteria:
Miscarriages Heart disease and pulmonary disease Being a smoker

Age
From **18 years** old to **30 years** old

Gender
Male

Phase
N/A

Groups that have been masked
No information

Sample size
Target sample size: **20**
Actual sample size reached: **20**

Randomization (investigator's opinion)
Randomized

Randomization description
Using stratified randomization, individuals were placed in two homogeneous groups (elite runners and recreational runners). Then random cluster randomization for each group was used. The randomization tool also sealed the envelope. The randomization unit was also individual. Individual numbers inside the pack identified the subjects of each group. And did not allocation concealment.

Blinding (investigator's opinion)
Not blinded

Blinding description

Placebo
Not used

Assignment
Other

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee
Name of ethics committee
معاونت پژوهشی دانشگاه تهران
Street address
No.Amirabad Shomali, Enghlab Blvd
City
Tehran
Province
Tehran
Postal code
0000000000

Approval date
2016-06-23, 1395/04/03

Ethics committee reference number
IR.ut.Rec.1395014

Health conditions studied

1

Description of health condition studied
Does not apply

ICD-10 code

ICD-10 code description

Primary outcomes

1

Description
Serum level of Clara cell protein in runners

Timepoint
Blood sampeling before endurancr activity and 60 minute after endurance activity

Method of measurement
Clara cell protein kit

2

Description
Serum level of Surfactant D protein in runners

Timepoint
Blood sampeling before endurancr activity and 60 minute after endurance activity

Method of measurement
Surfactant D protein kit

Secondary outcomes

empty

Intervention groups

1

Description
Intervention group: This group of elite individuals performed 30 minutes endurance training

Category
Other

2

Description
Control group: 10 healthy men who completed 30 minutes of endurance activity

Category
Other

Recruitment centers

1

Recruitment center
Name of recruitment center
Tabriz
Full name of responsible person
Hadi Pourmanaf
Street address
No. Shafa Ave,Azadi Blvd, Tabriz Town

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Sponsors / Funding sources

1

Sponsor
Name of organization / entity
Tehran University
Full name of responsible person
Siroos Choobineh
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Grant name
Grant code / Reference number
Is the source of funding the same sponsor organization/entity?
Yes
Title of funding source
Tehran University
Proportion provided by this source
10
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
Tehran University
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Position
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Person responsible for updating data

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Phone

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Email

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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

Adress: Sportdezh.rzb.ir

When the data will become available and for how long

Every time

To whom data/document is available

Everyone

Under which criteria data/document could be used

Patern

From where data/document is obtainable

Sportdezh.rzb.ir

What processes are involved for a request to access data/document

Sportdezh.rzb.ir

Comments