Clinical Trial Protocol
Iranian Registry of Clinical Trials

13 Sep 2026

The effect of exercise during hemodialysis on health promoting behaviors of hemodialysis patients

Protocol summary

Study aim
The effect of exercise during dialysis on health promotion behaviors in patients undergoing hemodialysis

Design
A controlled clinical trial with a parallel group design of 60 patients

Settings and conduct
study setting: hemodialysis centers belonging to Isfahan University of Medical Sciences including dialysis department of AL-zahra hospital and dialysis center of Nour and aliasghar. How to do the study: Patients will divided into two groups of intervention and control. The intervention group will exercise for 30 minutes. Health promotion behaviors questionnaire will completed by them. The control group will receive simple exercise and will complete the questionnaire of Health promotion behaviors. This work will done for 8 weeks.

Participants/Inclusion and exclusion criteria
Incusion criteria: age between 18 and 65 years, Having full consciousness and being able to listen and speak to answer to questions, Having history of hemodialysis more than 3 month, Having 3 dialysis sessions per week. Exclusion criteria: having physical and mental disabilities, having known ischemic heart disease, heart attacks and angina during the last three months, suffering from acute pulmonary disease and needing for oxygen during dialysis, having a history of stroke or ischemic attacks over the last 3 months, suffering from muscle disorders that prevent Intended exercise

Intervention groups
Intervention group: the intervention group will participate in a exercise program.In this program, they will exercise in 2 courses (30 minute) and between these courses, the patient will rest for 30 minutes. This exercise is done for 8 weeks , three times a week. Control group: The patients will receive simple exercise (10 minutes), 3 times a week for 8 weeks.

Main outcome variables
The health promotion behaviors

General information

Reason for update

Acronym

IRCT registration information
IRCT registration number: **IRCT20150116020675N3**
Registration date: **2019-01-18, 1397/10/28**
Registration timing: **retrospective**

Last update: **2019-01-18, 1397/10/28**
Update count: **0**

Registration date
2019-01-18, 1397/10/28

Registrant information

Name
Alireza Dashti
Name of organization / entity
Alzahra Hospital
Country
Iran (Islamic Republic of)
Phone
+98 31 3620 1322
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Recruitment status
Recruitment complete

Funding source

Expected recruitment start date
2018-07-02, 1397/04/11

Expected recruitment end date
2018-09-02, 1397/06/11

Actual recruitment start date
empty

Actual recruitment end date
empty

Trial completion date
empty

Scientific title
The effect of exercise during hemodialysis on health promoting behaviors of hemodialysis patients

Public title
The effect of exercise during hemodialysis on health promoting behaviors

Purpose
Supportive

Inclusion/Exclusion criteria

Inclusion criteria:
being age between 18 and 65 year Having full consciousness and being able to listen and speak to answer to questions Having history of hemodialysis more than 3 months Having 3 dialysis sessions per week

Exclusion criteria:
having physical and mental disabilities having known ischemic heart disease, heart attacks and angina during the last three months suffering from acute pulmonary disease and needing for oxygen during dialysis having a history of stroke or ischemic attacks over the last 3 months suffering from skeletal muscle disorders that prevent Intended exercise

Age
From **18 years** old to **65 years** old

Gender
Both

Phase
N/A

Groups that have been masked
No information

Sample size
Target sample size: **60**

Randomization (investigator's opinion)
Not randomized

Randomization description

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
•Ethics committee of Isfahan University of Medical Sciences

Street address
Hezarjarib Ave.

City
Isfahan

Province
Isfehan

Postal code
81746734461

Approval date
2018-07-01, 1397/04/10

Ethics committee reference number
IR.MUI.RESEARCH.REC.1397.014

Health conditions studied

1

Description of health condition studied
Chronic kidney disease

ICD-10 code
N18.5

ICD-10 code description
Chronic kidney disease, stage 5

Primary outcomes

1

Description
health promoting behaviors

Timepoint
At the beginning of the study, 8 weeks after the beginning of the intervention

Method of measurement
health promoting behaviors questionnaire

Secondary outcomes

empty

Intervention groups

1

Description
Intervention group: the intervention group will participate in a exercise program.In this program, they will exercise in 2 courses (30 minute) and between these courses, the patient will rest for 3o minute. This exercise is done by fixed bike. The intensity of the exercise will depend on the machine rotation round and is selected by patient.This exercise is done for 8 weeks , three times a week.

Category
Other

2

Description
Control group: The patients will receive a simple exercise (10 minute), 3 times a week for 8 weeks.

Category
Other

Recruitment centers

1

Recruitment center

Name of recruitment center
Alzahra hospital

Full name of responsible person
Alireza Dashti Dehkordi

Street address
Soffeh Blvd.

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Web page address
http://alzahra.mui.ac.ir/

Sponsors / Funding sources

1

Sponsor

Name of organization / entity
Esfahan University of Medical Sciences

Full name of responsible person
Nahid Shahgholian

Street address
Hezarjarib Ave.

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shahgholian@nm.mui.ac.ir

Grant name

Grant code / Reference number

Is the source of funding the same sponsor organization/entity?
Yes

Title of funding source
Esfahan 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
Esfahan University of Medical Sciences

Full name of responsible person
Alireza Dashti Dehkordi

Position
Nurse

Latest degree
Master

Other areas of specialty/work
Nursery

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Person responsible for scientific inquiries

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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