

Clinical Trial Protocol

Iranian Registry of Clinical Trials

01 Aug 2026

Effect of 8-week cardiac rehabilitation training on ccl2, ccl5 and sirt1 chemokine gene expression in patients undergoing coronary artery bypass graft surgery (CABG).

Protocol summary

2018-09-07, 1397/06/16

Study aim

Investigating the effect of rehabilitation exercises on the expression of chemokine ccl5, ccl2 and ssirt1 genes in patients undergoing coronary artery bypass graft surgery (CABG).

Design

An interventional clinical trial with 1 group without randomization and blinding

Settings and conduct

PCR test was performed in Jawad Alameh hospital, Mashhad city.

Participants/Inclusion and exclusion criteria

Men aged 40-60 years who have a tendency to participate in the research and are healthy in term of eyesight, hearing and cognition.

Intervention groups

Intervention: 24 sessions of rehabilitation exercises consisted of three 1-1.5 hour sessions per week. In each session the following jobs will be done: walking on a treadmill for 20 to 30 minutes, cycling on a fixed bicycle for 10 to 12 minutes, using a manual tachometer for 10 minutes

Main outcome variables

Expression of ccl5, ccl2 and sirt1 chemokine genes

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20180707040366N1**

Registration date: **2018-09-07, 1397/06/16**

Registration timing: **retrospective**

Last update: **2018-09-07, 1397/06/16**

Update count: **0**

Registration date

Registrant information

Name

Najmatolsabah Alavizadeh

Name of organization / entity

Office of the Journal of Golestan University of Medical Sciences

Country

Iran (Islamic Republic of)

Phone

+98 54 3344 9737

Email address

alavizade80@yahoo.com

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2016-08-22, 1395/06/01

Expected recruitment end date

2016-10-22, 1395/08/01

Actual recruitment start date

2016-08-22, 1395/06/01

Actual recruitment end date

2016-10-31, 1395/08/10

Trial completion date

empty

Scientific title

Effect of 8-week cardiac rehabilitation training on ccl2, ccl5 and sirt1 chemokine gene expression in patients undergoing coronary artery bypass graft surgery (CABG).

Public title

Effect of rehabilitation on CABG patient

Purpose

Supportive

Inclusion/Exclusion criteria

Inclusion criteria:

Age range of 40 to 60 years old willingness to participate in research being healthy in terms of auditory and visual sensation and cognition

Exclusion criteria:

Using cane Using psychiatric medication Having a systolic blood pressure greater than 160 mmHg and diastolic blood pressure greater than 100 mmHg

Age

From **40 years** old to **60 years** old

Gender

Male

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **15**

Actual sample size reached: **15**

Randomization (investigator's opinion)

N/A

Randomization description**Blinding (investigator's opinion)**

Not blinded

Blinding description**Placebo**

Not used

Assignment

Single

Other design features**Secondary Ids****1****Registry name**

orcid

Secondary trial Id

0000-0002-5656-2219

Registration date

2018-07-02, 1397/04/11

Ethics committees**1****Ethics committee****Name of ethics committee**

Ethics committee of Neyshabur Azad University

Street address

Pajooohesh St.

City

Neyshabur

Province

Razavi Khorasan

Postal code

9319797139

Approval date

2018-01-22, 1396/11/02

Ethics committee reference number

ir.iau.neyshabur.1396,13

Health conditions studied**1****Description of health condition studied**

coronary artery bypass graft (CABG)

ICD-10 code**ICD-10 code description****Primary outcomes****1****Description**

Chemokine gene expression

Timepoint

2 mounts after rehabilitaion

Method of measurement

Realtime PCR

Secondary outcomes

empty

Intervention groups**1****Description**

Intervention: 24 sessions of rehabilitation exercises consisted of three 1-1.5 hour sessions per week. In each session the following jobs will be done: walking on a treadmill for 20 to 30 minutes, cycling on a fixed bicycle for 10 to 12 minutes, using a manual tachometer for 10 minutes

Category

Rehabilitation

Recruitment centers**1****Recruitment center****Name of recruitment center**

Mashhad Javadol aemme hospital

Full name of responsible person

Dr. Seyed Emad Alavinia

Street address

Vakil Abad St.

City

Mashhad

Province

Razavi Khorasan

Postal code

9178613111

Phone

+98 51 3881 6010

Email

info@jhosp.org

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Islamic Azad University

Full name of responsible person

Dr. Ahmad Zendedel

Street address

Pajoohesh st.

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Phone

+98 51 4262 1901

Email

neyshabur@iau-neyshabur.ac.ir

Grant name

Grant code / Reference number

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

No

Title of funding source

Neyshabur Azad University

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

NajmatalSabah Alavizadeh

Position

Ph.D candidate

Latest degree

Master

Other areas of specialty/work

Physical Education

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No 59 - Daneshgah 33 - Daneshgah st.

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Person responsible for scientific inquiries

Contact

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Position

Ph.D candidate

Latest degree

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Person responsible for updating data

Contact

Name of organization / entity

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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
No - There is not 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
No - There is not a plan to make this available
Data Dictionary
No - There is not a plan to make this available
Title and more details about the data/document
Total data after making individuals unidentifiable
When the data will become available and for how long

Start the access period 6 months after the results are published
To whom data/document is available
Every body
Under which criteria data/document could be used
Use of data is allowed only if the source of data is mentioned
From where data/document is obtainable
Send a request to the Email of researcher:
alavizade80@yahoo.com
What processes are involved for a request to access data/document
Up to two weeks after receipt of the request, the required data will be sent.
Comments