# Clinical Trial Protocol
# Iranian Registry of Clinical Trials

18 Sep 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

**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**
2018-09-07, 1397/06/16

**Registrant information**
**Name**
Najmatolsabah Alavizadeh
**Name of organization / entity**
Office of the Journal of Golestan University of Medical Sciences
**Country**
Iran (Islamic Republic of)
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+98 54 3344 9737
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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**
Pajoohesh St.
**City**
Neyshabur
**Province**
Razavi Khorasan
**Postal code**
۹۳۱۹۷۹۷۱۳۹
**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.
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## 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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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 condidate
**Latest degree**
Master
**Other areas of specialty/work**
Physical Education
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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)**
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**