

Clinical Trial Protocol

Iranian Registry of Clinical Trials

17 Jul 2026

The effects of eight weeks aerobic, resistance, and combined exercises on plasma Irisin levels, insulin resistance and lipid profiles among obese women with metabolic syndrome

Protocol summary

Study aim

Compare effects of eight weeks aerobic, resistance, and combined exercises on plasma Irisin levels, insulin resistance and lipid profiles among obese women with metabolic syndrome

Design

Clinical trials with control group, with parallel groups, randomized

Settings and conduct

This study was conducted from February 2016 on 60 obese women with MetS. The study population comprised of women with metabolic syndrome (using simple random sampling) who were visiting public clinic (Emam Reza Clinic) running by Shiraz University of Medical Sciences. Literate participants read and signed informed consent, and verbal consent was obtained from illiterate patients.

Participants/Inclusion and exclusion criteria

60 Female Metabolic Syndrome/ Having at least 3 components of metabolic syndrome, Women 45-60 years old, No history of any specific disease (cancer, diabetes, cardiovascular problems, Skeletal-muscular / diagnosed with any history of any specific disease (cancer, diabetes, cardiovascular problems, Skeletal-muscular

Intervention groups

1- Aerobic training group 2- Resistance training group 3- Combined training group (aerobic-resistance) 4- Control group

Main outcome variables

Irisin / Glucose / Insulin / Insulin resistance / Cholesterol / Triglyceride

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20180806040721N2**

Registration date: **2018-10-20, 1397/07/28**

Registration timing: **retrospective**

Last update: **2018-10-20, 1397/07/28**

Update count: **0**

Registration date

2018-10-20, 1397/07/28

Registrant information

Name

Roghayeh Koroni

Name of organization / entity

Country

Iran (Islamic Republic of)

Phone

+98 71 5383 4816

Email address

r.koroni@shahroodut.ac.ir

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2016-12-01, 1395/09/11

Expected recruitment end date

2017-01-23, 1395/11/04

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effects of eight weeks aerobic, resistance, and combined exercises on plasma Irisin levels, insulin resistance and lipid profiles among obese women with

metabolic syndrome

Public title
The effects of eight weeks aerobic, resistance, and combined exercises on plasma Irisin levels, insulin resistance and lipid profiles among obese women with metabolic syndrome

Purpose
Treatment

Inclusion/Exclusion criteria
Inclusion criteria:
Having at least 3 components of metabolic syndrome
Women 45-60 years old No history of any specific disease (cancer, diabetes, cardiovascular problems, Skeletal-muscular problems)
Exclusion criteria:
diagnosed with history of any specific disease (cancer, diabetes, cardiovascular problems, Skeletal-muscular problems)

Age
From **45 years** old to **60 years** old

Gender
Female

Phase
3

Groups that have been masked
No information

Sample size
Target sample size: **60**

Randomization (investigator's opinion)
N/A

Randomization description

Blinding (investigator's opinion)
Not blinded

Blinding description

Placebo
Not used

Assignment
Parallel

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Shiraz University of Medical Sciences Ethics Committee

Street address

Eram Street

City

Shiraz

Province

Fars

Postal code

159/535121

Approval date

2018-07-02, 1397/04/11

Ethics committee reference number

IR.SHUMS.REC.1397.279

Health conditions studied

1

Description of health condition studied

Metabolic syndrome

ICD-10 code

E88.81

ICD-10 code description

Metabolic syndrome

2

Description of health condition studied

Diabets

ICD-10 code

E08

ICD-10 code description

Diabetes mellitus due to underlying condition

Primary outcomes

1

Description

Irisin

Timepoint

measurement at the beginning of the study (before the intervention) and 2 months after the intervention

Method of measurement

Measurement Plasma Irisin Level Using Elis Kit Made in Germany.

Secondary outcomes

1

Description

Glocose

Timepoint

At the beginning of the study (before the intervention) and two months after the intervention began

Method of measurement

fasting blood glucose (glucose oxidase) measured

2

Description

Insulin

Timepoint

At the beginning of the study (before the intervention) and two months after the intervention began

Method of measurement

The level of insulin was measured by ELISA

3

Description

Triglyceride

Timepoint

At the beginning of the study (before the intervention) and two months after the intervention began

Method of measurement

triglyceride (PAP-GPO / lipase) measured

Intervention groups

1

Description

Intervention group first: Aerobic training group En. Participants of this group performed their activities using treadmill or bicycle three times per week (on non consecutive days). Time of exercise was increased from 20 minutes per session (at 60% of maximum heart rate) to 60 minutes (at 75% of maximum heart rate) per session. Heart rate was regularly determined by the monitor's treadmill or cycle ergometers. Required heart rate was calculated by the Karvonen formula

Category

Treatment - Devices

2

Description

Intervention group second: Resistance training group En. Resistance training group This program was performed on different weight machines. Correct training techniques were instructed and supervised by professional trainers. The protocol was started on 2 days of the week during the first month and was increased to 3 non-consecutive days per week. Training was started during weeks 1 and 2 with intensity 60% onerepetition maximum (1RM) and was progressed to intensity 75-80% 1RM. The number of sets was 1-2 during the first month. This program included 10 different exercises for upper and lower body. Participants performed 3 sets of 8-10 repetitions (with a 90- 120 s rest between sets) of the following exercises: bench press, seated row, shoulder press, chest press, lateral pulldown, abdominal crunches, leg press, leg extension, triceps pushdown and seated bicep curls

Category

Treatment - Devices

3

Description

Intervention group third: Combined training group (aerobic-resistance) En. Combined training group (aerobic-resistance) The subjects of this group did the aerobic exercise plus resistance training programs 3 times a week. After a warm-up stage, they worked for 20-30 minutes on a treadmill or bicycle plus 2 sets of each of 8 exercises with 8-10 repetitions on weight machines

Category

Treatment - Devices

4

Description

control group: control group .En control group: control group A group that did not have any training intervention

Category

Other

Recruitment centers

1

Recruitment center

Name of recruitment center

Motahhari Clinic affiliated to Shiraz University of Medical Sciences

Full name of responsible person

Dianatinasab Mostafa

Street address

Motahhari Street

City

Shiraz

Province

Fars

Postal code

159-535121

Phone

+98 71 5388 1200

Email

dianatinasab@sums.ac.ir

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Shiraz University of Medical Sciences

Full name of responsible person

Dianatinasab Mostafa

Street address

Motahhari Street

City

Shiraz

Province

Fars

Postal code

591-535121

Phone

+98 71 5383 1200

Email

dianatinasab@sums.ac.ir

Grant name

Grant code / Reference number

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

Yes

Title of funding source

Shiraz 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
Shiraz University of Medical Sciences
Full name of responsible person
Dianatinasab Mostafa
Position
Epidemiologist
Latest degree
Master
Other areas of specialty/work
Epidemiology
Street address
Motahhari Street
City
Shiraz
Province
Fars
Postal code
591-535121
Phone
+98 71 5383 4701
Email
dianatinasab@sums.ac.ir

Person responsible for scientific inquiries

Contact

Name of organization / entity
Shiraz University of Medical Sciences
Full name of responsible person
Dianatinasab Mostafa
Position
Epidemiologist
Latest degree
Master
Other areas of specialty/work
Epidemiology
Street address
Motahhari Street
City
Shiraz
Province
Fars
Postal code
591-535121
Phone
+98 71 5383 4701
Email
dianatinasab@sums.ac.ir

Person responsible for updating data

Contact

Name of organization / entity
Shiraz University of Medical Sciences
Full name of responsible person
Dianatinasab Mostafa
Position
Epidemiologist
Latest degree
Master
Other areas of specialty/work
Epidemiology
Street address
Motahhari Street
City
Shiraz
Province
Fars
Postal code
591-535121
Phone
+98 71 5383 4701
Email
dianatinasab@sums.ac.ir

Sharing plan

Deidentified Individual Participant Data Set (IPD)

No - There is not a plan to make this available

Justification/reason for indecision/not sharing IPD

Disagreement with contractors to share their profile and data

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

The total potential data can be shared after unidentifiable people.

When the data will become available and for how long

6 months after printing results

To whom data/document is available

Only scholars working in academic institutions

Under which criteria data/document could be used

Only numerical analysis is allowed.

From where data/document is obtainable

Mostafa Dianti Install with Email Address:
dianatinasab@sums.ac.ir

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

Two months later, the researchers arrived.

Comments

