Clinical Trial Protocol
Iranian Registry of Clinical Trials

19 Sep 2026

The Effect of 8 Weeks Pilates, Walking, and Combined exercises on Resting Heart Rate and Resting Blood Pressure in Patients with Cardiac Arrhythmia

Protocol summary

Study aim

The purpose of this study is to investigate the effect of 8 Weeks Pilates, Walking, and Combined exercises on Resting Heart Rate and Resting Blood Pressure in Patients with Cardiac Arrhythmia.

Design

A clinical trial with the intervention groups, parallel, randomized, with a predicted sample size of 60 and Phase 3 trial

Settings and conduct

This study will be performed on cardiac arrhythmias patients living in Zahedan, Iran. The duration of the research is 8 weeks and the participants are divided into three groups randomly. One interventional factor (exercise) is considered for this study.

Participants/Inclusion and exclusion criteria

Inclusion criteria: All Patients with Tachycardia Resident in Zahedan Exclusion criteria: Patients undergoing cardiac surgery Patients undergoing knee surgery Patients undergoing cervical disc surgery Patients undergoing lumbar disc surgery

Intervention groups

First intervention group: Pilates Exercise; Exercise for 8 weeks, 3 sessions per week will be carried out. Pilates exercise has been selected as the intervention of this group. Second intervention group: Walking exercise; walking activity has been selected as the intervention of this group. Third intervention group: Combined Exercises; Exercises for 8 weeks, 3 sessions per week will be carried out. In this group, Pilates and Walking exercises are an intervention agent.

Main outcome variables

Study of resting heart rate changes; Study of resting systolic and diastolic blood pressure Changes

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20180612040073N4**
Registration date: **2018-12-16, 1397/09/25**
Registration timing: **registered_while_recruiting**

Last update: **2018-12-16, 1397/09/25**
Update count: **0**

Registration date

2018-12-16, 1397/09/25

Registrant information

Name
Majid Vahidian-Rezazadeh
Name of organization / entity
University of Sistan and Baluchestan
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Iran (Islamic Republic of)
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+98 54 3341 6107
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Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2018-12-11, 1397/09/20

Expected recruitment end date

2018-12-21, 1397/09/30

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title
The Effect of 8 Weeks Pilates, Walking, and Combined exercises on Resting Heart Rate and Resting Blood Pressure in Patients with Cardiac Arrhythmia

Public title
"Effect of Physical activity on Resting Heart Rate and Resting Blood Pressure in Patients with Cardiac Arrhythmia"
Purpose
Supportive
Inclusion/Exclusion criteria
Inclusion criteria:
All Patients with Tachycardia Resident in Zahedan
Exclusion criteria:
Patients undergoing cardiac surgery Patients undergoing knee surgery Patients undergoing cervical disc surgery Patients undergoing lumbar disc surgery
Age
No age limit
Gender
Female

Phase
N/A
Groups that have been masked
No information
Sample size
Target sample size: **30**
Randomization (investigator's opinion)
Randomized
Randomization description
Randomization method: Simple Random unit: Individual Randomization Tool: Sealed Envelope
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
Ethics committee of Zahedan University of Medical Sciences
Street address
Zahedan University of Medical Sciences, Dr Hasabi's Square,
City
Zahedan
Province
Sistan-va-Balouchestan
Postal code
9816743111
Approval date
2018-07-15, 1397/04/24
Ethics committee reference number
IR.ZAUMS.REC.1397.213

Health conditions studied

1

Description of health condition studied
Cardiac arrhythmia
ICD-10 code
I49.8
ICD-10 code description
Other specified cardiac arrhythmias

Primary outcomes

1

Description
Resting heart rate changes in tachycardia patients
Timepoint
Measurement of resting heart rate at the beginning of the study (pre-intervention) and the end of the fourth and eighth weeks
Method of measurement
Finger pulse oximeter

2

Description
Resting blood pressure changes in tachycardia patients
Timepoint
Measurement of systolic and diastolic blood pressure at the beginning of the study (before the intervention) and the end of the fourth and eighth weeks
Method of measurement
Digital Arm Blood Pressure Monitor

Secondary outcomes

empty

Intervention groups

1

Description
First intervention group: Pilates Exercise
Category
Treatment - Other

2

Description
Second Intervention group: Walking Exercise
Category
Treatment - Other

3

Description
Third Intervention group: Combined exercises (Pilates and Walking)
Category
Treatment - Other

Recruitment centers

1

Recruitment center
Name of recruitment center
Ali Ebn Abitaleb Hospital
Full name of responsible person
Hadi Heidari Mokarrar
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Sponsors / Funding sources

1

Sponsor
Name of organization / entity
University of Sistan and Baluchestan
Full name of responsible person
Dor Mohammad Kordi
Street address
Deputy of Research, Central Organization, University of Sistan and Baluchestan, Daneshgah Blvd.
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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
University of Sistan and Baluchestan
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
University of Sistan and Baluchestan
Full name of responsible person
Majid Vahidian-Rezazadeh
Position
Assistant Professor
Latest degree
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Other areas of specialty/work
Exercise Physiology
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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