

Clinical Trial Protocol

Iranian Registry of Clinical Trials

09 Jul 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

Country

Iran (Islamic Republic of)

Phone

+98 54 3341 6107

Email address

vahidian@ped.usb.ac.ir

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

Street address

Ali Ebn Abitaleb Hospital, Salamat Blvd., Persian Gulf Highway

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hadiheidarimokarrar@yahoo.com

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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dor_kordi@yahoo.com

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

Ph.D.

Other areas of specialty/work

Exercise Physiology

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No. 129, Pardisan 1 Ave, University Residential Complex, Daneshgah Blvd

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Person responsible for scientific inquiries

Contact

Name of organization / entity

University of Sistan and Baluchestan

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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