

Clinical Trial Protocol

Iranian Registry of Clinical Trials

26 Jun 2026

The effect of aerobic exercise on serum creatinine and Pntraksyn 3 in patients with chronic kidney disease (CKD)

Protocol summary

Study aim

Determining the effect of 8 weeks aerobic training on serum levels of Pntraksyn 3 and creatinine level in patients with CKD

Design

The statistical population of this study included patients with chronic renal disease who referred to Imam Ali Hospital in Zahedan and suffered from type 2 and 3 of this disease. Of these, 60 were selected in total and randomly divided into two groups of 30 test and control groups

Settings and conduct

The sport protocol is conducted in the sports hall of the University of Medical Sciences

Participants/Inclusion and exclusion criteria

How to enter the study (control and control group), including male gender, CKD disease is over the age of 30 years, according to a doctor's diagnosis and medical records and no dialysis. Conditions not included in the plan include other chronic diseases, mental illness, regular exercise schedules in the past 3 months, history of heart attacks, uncontrolled artemisia, grade 3 cardiac arrhythmias, severe and uncontrolled high blood pressure and severe anemia.

Intervention groups

In this study, an 8-week aerobic exercise program has 3 sessions of one-hour training each week, which involves group warming at first, then a group training and coaching program at the end of each session. The exercise includes 45 minutes running on a treadmill with a 45% to 50% vo2max

Main outcome variables

Determining the effect of exercise on the immune-inflammatory system of ckd patients and determining the effect of these activities on the probable recovery of these patients

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20181019041384N1**

Registration date: **2018-12-22, 1397/10/01**

Registration timing: **retrospective**

Last update: **2018-12-22, 1397/10/01**

Update count: **0**

Registration date

2018-12-22, 1397/10/01

Registrant information

Name

arman jalili

Name of organization / entity

Country

Iran (Islamic Republic of)

Phone

+98 54 3341 0707

Email address

jaliliarman@ut.ac.ir

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2018-11-05, 1397/08/14

Expected recruitment end date

2018-12-05, 1397/09/14

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effect of aerobic exercise on serum creatinine and Pntraksyn 3 in patients with chronic kidney disease (CKD)

ir.zaums.rec.1397.353

Public title

The effect of aerobic exercise on serum creatinine and Pntraksyn 3 in patients with chronic kidney disease (CKD)

Purpose

Diagnostic

Inclusion/Exclusion criteria

Inclusion criteria:

CKD disease (type 2 and 3), according to a doctor's diagnosis and medical records without dialysis Minimum age of 30 years and maximum 50 years Includes male gender

Exclusion criteria:

Age

From **30 years** old to **50 years** old

Gender

Male

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **60**

Randomization (investigator's opinion)

Not randomized

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

Ethics Committee of Zahedan University of Medical Sciences

Street address

janbazan

City

zahedan

Province

Sistan-va-Balouchestan

Postal code

9816915844

Approval date

2018-10-25, 1397/08/03

Ethics committee reference number

Health conditions studied

1

Description of health condition studied

Chronic kidney disease

ICD-10 code

N18.2

ICD-10 code description

Chronic kidney disease, stage 2 (mild)

2

Description of health condition studied

Chronic kidney disease

ICD-10 code

N18.3

ICD-10 code description

Chronic kidney disease, stage 3 (moderate)

Primary outcomes

1

Description

PTX-3

Timepoint

8 weeks

Method of measurement

Laboratory (ELISA)

2

Description

Creatinine

Timepoint

8WEEKS

Method of measurement

Laboratory

Secondary outcomes

empty

Intervention groups

1

Description

Intervention group: CKD patients who do 8 weeks of workout

Category

Lifestyle

2

Description

Control group: No intervention

Category

Lifestyle

Recruitment centers

1

Recruitment center

Name of recruitment center

Ali ibn Abi Talib Zahedan Hospital

Full name of responsible person

DR ALI ALIDADI

Street address

Persian Gulf Highway

City

ZAHEDAN

Province

Sistan-va-Balouchestan

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9816915844

Phone

+98 54 3341 0707

Email

JALILIARMAN@YAHOO.COM

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Zahedan University of Medical Sciences

Full name of responsible person

DR HOSEINALI KHAZAEI

Street address

Persian Gulf Highway

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Province

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Email

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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

Zahedan 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

Zahedan University of Medical Sciences

Full name of responsible person

Arman Jalili

Position

Student

Latest degree

Ph.D.

Other areas of specialty/work

Physiology

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Person responsible for updating data

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Fax**Email**

jaliliarman@ut.ac.ir

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

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

Title and more details about the data/document

Information about the original outcome is shared

When the data will become available and for how long

2018 to one year after printing

To whom data/document is available

Researchers at universities

Under which criteria data/document could be used

Under no other circumstances

From where data/document is obtainable

JALILIARMAN@YAHOO.COM

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

After submitting the request and confirmation of the applicant's claim within a week

Comments