Clinical Trial Protocol
Iranian Registry of Clinical Trials

17 Sep 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 Pneotaxin 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)

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
ir.zaums.rec.1397.353

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
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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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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
Steudent
Latest degree
Ph.D.
Other areas of specialty/work
Physiology
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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
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