

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

26 May 2026

### The effect of high-intensity circuit training (HICT) on serum lipids and glucose levels in elderly women

#### Protocol summary

##### Study aim

The effect of 8 weeks of high-intensity circuit training on serum cholesterol, HDL, LDL, lipid triglyceride and glucose levels in elderly women with metabolic syndrome in Khorramabad city

##### Design

We will have an experimental group that will be voluntarily selected. We will not have control group. Sample size will be 18 people.

##### Settings and conduct

The effect of eight weeks of high-intensity circuit training for elderly women with metabolic syndrome in Khorramabad city will be studied. The training will be conducted under the supervision of the researcher for three sessions per week. These exercises will be done using the body weight of the person.

##### Participants/Inclusion and exclusion criteria

elderly women with metabolic syndrome in Khorramabad city

##### Intervention groups

Intervention in this study is a high-intensity circuit training. Because the number of subjects was low, the control group was not selected. All selected samples were selected as experimental group.

##### Main outcome variables

Serum levels of Cholesterol, HDL, LDL, triglycerides and blood glucose

#### General information

##### Reason for update

##### Acronym

##### IRCT registration information

IRCT registration number: **IRCT20161129031165N1**

Registration date: **2019-03-10, 1397/12/19**

Registration timing: **retrospective**

Last update: **2019-03-10, 1397/12/19**

Update count: **0**

##### Registration date

2019-03-10, 1397/12/19

##### Registrant information

###### Name

Vahid Valiopour Dehnou

###### Name of organization / entity

Lorestan University

###### Country

Iran (Islamic Republic of)

###### Phone

+98 66 3312 0086

###### Email address

valipour.v@lu.ac.ir

##### Recruitment status

**Recruitment complete**

##### Funding source

##### Expected recruitment start date

2019-01-10, 1397/10/20

##### Expected recruitment end date

2019-01-20, 1397/10/30

##### Actual recruitment start date

empty

##### Actual recruitment end date

empty

##### Trial completion date

empty

##### Scientific title

The effect of high-intensity circuit training (HICT) on serum lipids and glucose levels in elderly women

##### Public title

The effect of high-intensity circuit training (HICT) on serum lipids and glucose levels in elderly women

##### Purpose

Treatment

##### Inclusion/Exclusion criteria

**Inclusion criteria:**

Having a Metabolic Syndrome Not having orthopedic problem

**Exclusion criteria:**

Having an orthopedic or psychological problem Not Signing Written Consent

**Age**

From **63 years** old to **85 years** old

**Gender**

Female

**Phase**

N/A

**Groups that have been masked**

*No information*

**Sample size**

Target sample size: **18**

**Randomization (investigator's opinion)**

N/A

**Randomization description**

**Blinding (investigator's opinion)**

Not blinded

**Blinding description**

**Placebo**

Not used

**Assignment**

Single

**Other design features**

## Secondary Ids

empty

## Ethics committees

### 1

**Ethics committee**

**Name of ethics committee**

Ethics Committee of Lorestan University of Medical Sciences

**Street address**

Lorestan Province, Khorramabad, A81

**City**

Khorramabad

**Province**

Lorestan

**Postal code**

6813833946

**Approval date**

2018-06-30, 1397/04/09

**Ethics committee reference number**

IR.LUMS.REC.1397.031

## Health conditions studied

### 1

**Description of health condition studied**

Metabolic syndrome

**ICD-10 code**

E70-E90

**ICD-10 code description**

Metabolic disorders

## Primary outcomes

### 1

**Description**

Cholesterol

**Timepoint**

24 hours before training intervention and 48 hours after training intervention

**Method of measurement**

Cholesterol Kit, Audit Diagnostics, Ireland

### 2

**Description**

Glucose

**Timepoint**

24 hours before training intervention and 48 hours after training intervention

**Method of measurement**

Glucose Kit, Audit Diagnostics, Ireland

### 3

**Description**

Triglyceride

**Timepoint**

24 hours before training intervention and 48 hours after training intervention

**Method of measurement**

Triglyceride Kit, Audit Diagnostics, Ireland

### 4

**Description**

HDL

**Timepoint**

24 hours before training intervention and 48 hours after training intervention

**Method of measurement**

HDL Kit, Audit Diagnostics, Ireland

### 5

**Description**

LDL

**Timepoint**

24 hours before training intervention and 48 hours after training intervention

**Method of measurement**

LDL Kit, Audit Diagnostics, Ireland

## Secondary outcomes

empty

## Intervention groups

### 1

**Description**

A high intensity circuit training using body weight and three sessions per week for eight weeks will be conducted under the supervision of the researcher. These types of exercises are performed only with body weight and do not require special equipment.

**Category**

Treatment - Other

**Recruitment centers****1****Recruitment center****Name of recruitment center**

Farzanegan nursing home in Khorramabad city

**Full name of responsible person**

Masoumeh Sepehri Rad

**Street address**

Alavi street

**City**

Khorramabad

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Lorestan

**Postal code**

6815144316

**Phone**

+98 66 3312 0086

**Email**

valipour.v@lu.ac.ir

**Sponsors / Funding sources****1****Sponsor****Name of organization / entity**

Lorestan university

**Full name of responsible person**

Vahid Valipour Dehnou

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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**

Lorestan university

**Proportion provided by this source**

100

**Public or private sector**

Private

**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**

Lorestan University

**Full name of responsible person**

Vahid Valipour Dehnou

**Position**

Assistant Professor

**Latest degree**

Ph.D.

**Other areas of specialty/work**

فیزیولوژی ورزشی

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5th kilometer road of Tehran

**City**

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**Province**

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**Person responsible for scientific inquiries****Contact****Name of organization / entity**

lorestan university

**Full name of responsible person**

Vahid Valipour Dehnou

**Position**

Assistant professor

**Latest degree**

Ph.D.

**Other areas of specialty/work**

Exercise physiology

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## Person responsible for updating data

### Contact

**Name of organization / entity**

Lorestan university

**Full name of responsible person**

Vahid Valipour Dehnou

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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**

Yes - There is a plan to make this available

**Informed Consent Form**

No - There is not a plan to make this available

**Clinical Study Report**

Yes - There is a plan to make this available

**Analytic Code**

Yes - There is a plan to make this available

**Data Dictionary**

Yes - There is a plan to make this available

**Title and more details about the data/document**

Data and information related to the main outcome will be published in a dissertation or article format. Also, the names of the subjects will not be included in the dissertation and the article.

**When the data will become available and for how long**

Data will be published in a dissertation or article format.

**To whom data/document is available**

Because the data and information related to the main outcome will be published in the form of a dissertation or article. Also, the names of the subjects will not be included in the dissertation and the article. So, everyone can have access.

**Under which criteria data/document could be used**

Data will be published in a dissertation or article format.

**From where data/document is obtainable**

These methods can be used to access data or information: Visit the Google site, visit the central library of Lorestan University, email the author (Vahid Valipour Dehnou, email: valipour.v@lu.ac.).

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

Referring to the Google site, visiting the central library of the University of Lorestan or emailing the author (Vahid Valipour dehnou, email: valipour.v@lu.ac.ir), the data will be available.

**Comments**