

Clinical Trial Protocol

Iranian Registry of Clinical Trials

16 Sep 2026

Study of the effect of resistance exercise on serum testosterone levels, severity signs of aging and quality of life in middle-aged men with late-onset hypogonadism

Protocol summary

Study aim

Study of the effect of resistance exercise on testosterone levels and the health of men with hypogonadism

Design

Clinical trial with control and intervention group -Based on disease diagnosis and pragmatic - randomized random block method

Settings and conduct

In this study, after completing the sample size, the available individuals referring to the specialized clinic of Imam Khomeini Hospital of Ahvaz were randomly divided into two groups of control and intervention group and then the control group for one month and three weeks each week One hour of resistance exercise with weight and after the end of intervention, the two groups are examined for the variables considered.

Participants/Inclusion and exclusion criteria

inclusion criteria: 1. man 2.Married 3.Age 40-65 year 4. Diagnosis of hypogonadism Exclusion criteria: 1. Mental illness 2. Physical limitations in exercising 3. Have a regular physical exercise in the last three months 4. Use of ergogenic supplements before the study

Intervention groups

Intervention group: Group receiving a combination of resistance exercise with weights control group : A group that continues its lifestyle

Main outcome variables

1.Serum testosterone level 2.Severe aging symptoms 3.Quality of Life

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20190105042244N1**
Registration date: **2019-03-02, 1397/12/11**

Registration timing: **retrospective**

Last update: **2019-03-02, 1397/12/11**

Update count: **0**

Registration date

2019-03-02, 1397/12/11

Registrant information

Name

Hamid Taghipoor

Name of organization / entity

Country

Iran (Islamic Republic of)

Phone

+98 61 4352 1784

Email address

taghipoor.h@ajums.ac.ir

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2018-12-31, 1397/10/10

Expected recruitment end date

2019-02-19, 1397/11/30

Actual recruitment start date

2018-12-31, 1397/10/10

Actual recruitment end date

2019-02-19, 1397/11/30

Trial completion date

2019-05-20, 1398/02/30

Scientific title

Study of the effect of resistance exercise on serum testosterone levels, severity signs of aging and quality of life in middle-aged men with late-onset hypogonadism

Public title

The effect of resistance exercise on serum testosterone

levels in middle aged men

Purpose
Supportive

Inclusion/Exclusion criteria
Inclusion criteria:
 Married Age 65-40 years old The score obtained from the aging mals symptom questionnaire is greater than 27
 Diagnosis of late men's hypogonadism based on serum testosterone level
Exclusion criteria:
 Acute mental illness and not having acceptable general health Physical Limit for Exercise Tobacco and alcohol consumption Perform regular resistance training in the last three months Use of ergogenic supplements before the study

Age
From **40 years** old to **65 years** old

Gender
Male

Phase
N/A

Groups that have been masked
No information

Sample size
 Target sample size: **60**
 Actual sample size reached: **60**

Randomization (investigator's opinion)
Randomized

Randomization description
 The method of assigning samples to the experimental and control groups was randomized and random blocked blocks with block size 6(Using the table for random permissions).A randomized list is provided by a statistician.According to a randomized list, it is allocated by a person outside the study according to the codes for each disease that is included in the study.

Blinding (investigator's opinion)
Not blinded

Blinding description

Placebo
Not used

Assignment
Other

Other design features
 The study sample consisted of 60 available patients who entered the study according to the criteria of inclusion and then divided into two groups of test and control by random allocation method.

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Ethics Committee of Ahwaz University of Medical Sciences

Street address

Golestan Highway. Ahvaz Jundishapur University of Medical Sciences

City

Ahvaz

Province

Khouzestan

Postal code

61357-15794

Approval date

2018-12-29, 1397/10/08

Ethics committee reference number

IR.AJUMS.REC.1397.724

Health conditions studied

1

Description of health condition studied

late-onset hypogonadism

ICD-10 code

E29.1

ICD-10 code description

Testicular hypofunction

2

Description of health condition studied

late-onset hypogonadism

ICD-10 code

E29.1

ICD-10 code description

Testicular hypofunction

Primary outcomes

1

Description

Serum total testosterone

Timepoint

Before and after intervention

Method of measurement

Elisa biochemical assay

2

Description

Severe aging symptoms

Timepoint

Before and after intervention

Method of measurement

Using aging male Symptoms Questionnaire

3

Description

Quality of Life

Timepoint

Before and after intervention

Method of measurement

Measured using SF-36 questionnaire.

Secondary outcomes

empty

Intervention groups

1

Description

Intervention group: For men in the intervention group, serum testosterone levels, severity of aging symptoms and quality of life were measured first, and then the intervention group performed resistance exercise for one month. At the end of the intervention, the group again tested for testosterone levels, severity of aging symptoms and quality Life .At the end, the data before and after the intervention are compared with each other and compared to the control group.

Category

Lifestyle

2

Description

Control group:For men in the control group, serum testosterone level, severity of aging symptoms and quality of life were measured first. The group then continued their lifestyle for one month. After the study was completed, the group again tested the level of testosterone, severity of aging symptoms and quality of life, At the end, the data before and after the study are compared with each other and compared to the intervention group

Category

Lifestyle

Recruitment centers

1

Recruitment center

Name of recruitment center

Specialty Clinic of Ahvaz Imam Hospital

Full name of responsible person

Mahin Gheibizadeh

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Golestan Highway - Ahvaz Jundishapur University of Medical Sciences

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Gheibizadeh-m@ajums.ac.ir

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Ahvaz University of Medical Sciences

Full name of responsible person

Mahin Gheibizadeh

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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

Ahvaz 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

Ahvaz University of Medical Sciences

Full name of responsible person

Mahin Gheibizadeh

Position

Faculty

Latest degree

Ph.D.

Other areas of specialty/work

Nursery

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Person responsible for scientific inquiries

Contact

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Ahvaz University of Medical Sciences
Full name of responsible person
Diniar Khazaali
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Facility
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Person responsible for updating data

Contact

Name of organization / entity
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Student
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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

Yes - There is 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

The data of the participating participants will be encrypted and will be published with the privacy of the patient and the confidentiality of the information.

When the data will become available and for how long

The date of access to the data is six months after the publication of the results

To whom data/document is available

Only available to scholars working in academic and academic institutions

Under which criteria data/document could be used

The requirements for access to data include the sending of documents relating to the applicant's membership in academic and academic institutions, and the applicant is authorized to use this data in order to document for subsequent studies.

From where data/document is obtainable

You can use the email address to access the information
1.Gheibizadeh-m@ajums.ac.ir
2.Hamid_taghipoor@yahoo.com

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

The applicant will send the data to him at least one month later by sending valid credentials to members of the academic and research institutes at the email address of the author.

Comments