

Clinical Trial Protocol

Iranian Registry of Clinical Trials

17 Sep 2026

Comparison of the effect of aerobic and resistance training on cardiovascular risk factors in women with Parkinson's disease

Protocol summary

Study aim

The Effect of Aerobic Exercise Exercises on Resistance to Improvement of Health and Cardiovascular Factors in Parkinson's Women

Design

The present study is a semi-experimental design with pretest-posttest design and control group. Sampling is simple random.

Settings and conduct

The women with Parkinson's disease referred to the Neurology Department were voluntarily selected and then randomly assigned to three groups of aerobic training (15 subjects), resistance training (15 subjects) and control (n = 15).

Participants/Inclusion and exclusion criteria

Having a Parkinson's disease for more than a year
Lifestyles Lack of mobility Taking the same drugs at the same dose, according to the neurologist.

Intervention groups

Participants in this study included women with Parkinson's disease referring to the clinic. Control subjects during the 8-week training program were only commonly used in conventional therapies, and only performed routine activities.

Main outcome variables

Cardiovascular Factors

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20180708040384N1**

Registration date: **2019-06-29, 1398/04/08**

Registration timing: **registered_while_recruiting**

Last update: **2019-06-29, 1398/04/08**

Update count: **0**

Registration date

2019-06-29, 1398/04/08

Registrant information

Name

Samaneh Sardashti

Name of organization / entity

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Iran (Islamic Republic of)

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Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2018-08-11, 1397/05/20

Expected recruitment end date

2019-09-21, 1398/06/30

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Comparison of the effect of aerobic and resistance training on cardiovascular risk factors in women with Parkinson's disease

Public title

The effect of aerobic exercise on cardiovascular factors

Purpose

Education/Guidance

Inclusion/Exclusion criteria

Inclusion criteria:

Having a Parkinson's disease for more than a year
Lifestyles Lack of mobility Taking the same drugs at the

same dose, according to the neurologist
Exclusion criteria:
Having a BMI ≥ 43 (based on the highest BMI belonging to people capable of exercising)
Age over 70 years
History of cardiovascular disease
Musculoskeletal problems limiting physical activity

Age

To **70 years** old

Gender

Female

Phase

3

Groups that have been masked

No information

Sample size

Target sample size: **45**

Randomization (investigator's opinion)

Randomized

Randomization description

Randomization Method: Simple randomization, using 45-bit Randomized Excel software with a sequential A, B and C burst. The reader's person now has 1 to 45 patients in each of the three groups depending on whether they are A, B, or C in each of these three groups, respectively.

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 Torbat Heydariyeh of medical sciences

Street address

Razi Ave, University of Medical Sciences torbat heydariyeh

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Razavi Khorasan

Postal code

9516915169

Approval date

2018-07-31, 1397/05/09

Ethics committee reference number

IR.THUMS.REC.1397.002

Health conditions studied

1

Description of health condition studied

Parkinson's disease

ICD-10 code

G20

ICD-10 code description

Parkinson's disease

Primary outcomes

1

Description

blood pressure

Timepoint

8 weeks, 3 sessions per week and 60 minutes each session

Method of measurement

Mercury pressure gauge device

Secondary outcomes

empty

Intervention groups

1

Description

Control group: The control group of women with Parkinson's use of Parkinson's only drugs

Category

Rehabilitation

2

Description

Intervention group: In this study, women with Parkinson's disease take medication in addition to exercising for disease control. During the 8 weeks and every week, they perform 3 sessions of exercise, and then the tests are related to weight, body mass, resting heart rate, low oxygen consumption, blood pressure and lipid profiles.

Category

Rehabilitation

Recruitment centers

1

Recruitment center

Name of recruitment center

9 day Hospital, Torbat Heydariyeh University of Medical Sciences

Full name of responsible person

Samaneh Sardashti

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Sponsors / Funding sources

1

Sponsor

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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

Torbat-Heidaria University of Medical Sciences

Proportion provided by this source

50

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
Torbat-Heidaria University of Medical Sciences
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Samaneh Sardashti
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Faculty Member
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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

Yes - There is 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

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

Comparison of the effect of aerobic and resistance training on cardiovascular risk factors in women with Parkinson's disease Considering that exercise and physical activity play a role in cardiovascular factors in people with Parkinson's disease.

When the data will become available and for how long

Upon completion of sampling and doing the above study, access to the findings is possible.

To whom data/document is available

Anyone interested can use the results of this study.

Under which criteria data/document could be used

This study was conducted to inform people with Parkinson's disease and the team members of the care and treatment team to improve their health.

From where data/document is obtainable

For information on the results of the study and how it can be done, please refer to the university site of the research section section or the article section.

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

The applicant can contact the researcher by email and apply to the requested documentation for the requested application. The maximum period of 3 working days for the requested application file and information will be up to 3 working days.

Comments