Clinical Trial Protocol
Iranian Registry of Clinical Trials

08 Nov 2026

The effect of eight weeks of compound training(resistance training and HIIT) with several types of weight loss diet plans for some of the blood and anthropometric variables in overweighted women

Protocol summary

Study aim

The Survey of the effect of eight weeks of compound training(resistance training and HIIT) with several types of weight loss diet plans for some of the blood and anthropometric variables in overweight women

Design

Through interviewing, at first, introducing the purpose, the patients' consent will first be taken by oral and written statement, and then the participants will be randomly divided and after the measurement and blood sampling by holding a nutrition and training workshop as well as presenting a nutrition and a workout program (if necessary) specific to each individual, the work will begin and after eight weeks the blood samples will be taken again.

Settings and conduct

All stages (questionnaire, anthropometric measurements, training and design of exercise and nutrition program) are taking place at the nutrition clinic, blood sampling in the laboratory of Labfi Nejad Hospital and performing the exercise protocol in the gym.

Participants/Inclusion and exclusion criteria

Participants will be overweight women in Tehran from 30 to 40 years old(bmi=25-30), who will be selected from the volunteers participating in the study by random sampling method.

Intervention groups

50 healthy women between 30 and 40 years of age were randomly divided into two groups of 25 individuals with high protein diet group and 25 individuals with standard diet group with exercise training for both groups, and comparing the changes in fat percentage, skeletal muscle mass, bmi and renal variables By exercising with diet (high protein and standard) in overweight women at the time of weight loss

Main outcome variables

Finding the right diet at a time of weight loss with exercise so that the person experiences a healthy weight loss and maintain muscle mass and only reduce the percentage of fat and size. Variables: weight, bmi, smm, pbf, whr, bun, creatinine, uric acid

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20190625044010N1**
Registration date: **2019-07-07, 1398/04/16**
Registration timing: **registered_while_recruiting**

Last update: **2019-07-07, 1398/04/16**
Update count: **0**

Registration date

2019-07-07, 1398/04/16

Registrant information

Name

sussan ramsari

Name of organization / entity

Alzahra University

Country

Iran (Islamic Republic of)

Phone

+98 21 2294 4094

Email address

sussanramsari@gmail.com

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2019-07-06, 1398/04/15

Expected recruitment end date

2019-08-31, 1398/06/09

Actual recruitment start date
empty
Actual recruitment end date
empty
Trial completion date
empty

Scientific title
The effect of eight weeks of compound training(resistance training and HIIT) with several types of weight loss diet plans for some of the blood and anthropometric variables in overweighted women

Public title
The effect of exercise and several types of weight loss diet plans in overweight women
Purpose
Other
Inclusion/Exclusion criteria
Inclusion criteria:
Women Healthy 30-40 years old Overweight(bmi=25-30)
Exclusion criteria:
Age
From **30 years** old to **40 years** old
Gender
Female

Phase
N/A
Groups that have been masked
No information
Sample size
Target sample size: **50**
More than 1 sample in each individual
Number of samples in each individual: **2**
the Survey of some of the blood and anthropometry variables
Randomization (investigator's opinion)
N/A
Randomization description
Blinding (investigator's opinion)
Not blinded
Blinding description
Placebo
Not used
Assignment
Factorial
Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee
Name of ethics committee
Reasearch Ethics committee of Sport Sciences Research Institute of Iran
Street address
No. 3, 5th Alley, Miremad Street, Motahhari Street.
City
Tehran
Province
Tehran
Postal code
1587958711
Approval date
2019-06-25, 1398/04/04
Ethics committee reference number
http://ethics.research.ac.ir/IR.SSRC.REC.1398.038

Health conditions studied

1

Description of health condition studied
The effect of eight weeks of compound training(resistance training and HIIT) with several types of weight loss diet plans for some of the blood and anthropometric variables in overweighted women
ICD-10 code
ICD-10 code description

Primary outcomes

1

Description
Weight, skeletal muscle mass(SMM), percent body fat(PBF), body mass index(BMI),waist-hip ratio(WHR)
Timepoint
Anthropometry using body composition(Inbody270)once before the research and once 48 hours after the last session of exercise.
Method of measurement
Anthropometry using body composition(Inbody270), general questionnaire containing age, medical history, athletic, therapeutic and pharmaceutical consumption history

2

Description
BUN, Creatinin ,Uric Acid
Timepoint
The blood sampling once before the research and once 48 hours after the last session of exercise.
Method of measurement
The blood test information(blood sampling in laboratory occurs one day before starting the training and 48 hours after the last session of the training by taking 5 ml from the area of the elbow while the subject has fasted for 8 hours)

Secondary outcomes

1

Description
Weight, skeletal muscle mass(SMM), percent body fat(PBF), body mass index(BMI),waist-hip ratio(WHR)
Timepoint

Anthropometry using body composition(Inbody270)once before the research and once 48 hours after the last session of exercise.

Method of measurement

Anthropometry using body composition(Inbody270), general questionnaire containing age, medical history, athletic, therapeutic and pharmaceutical consumption history

Intervention groups

1

Description

Intervention group: compound training with high protein diet group

Category

Other

2

Description

Control group: compound training with standard diet group

Category

Other

Recruitment centers

1

Recruitment center

Name of recruitment center

Sussan Ramsari Nutrition Clinic

Full name of responsible person

Sussan Ramsari

Street address

No. 9, P 10, Ahmadi Ave., Nirooye Daryayi St., Resalat Sq.

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Alzahra University

Full name of responsible person

Afsaneh shemshaki

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pr@alzahra.ac.ir

Web page address

http://www.alzahra.ac.ir

Grant name

Grant code / Reference number

Is the source of funding the same sponsor organization/entity?

No

Title of funding source

Alzahra 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

Alzahra University

Full name of responsible person

Sussan Ramsar

Position

Nutritionist

Latest degree

Master

Other areas of specialty/work

Nutrition

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Sharing plan

Deidentified Individual Participant Data Set (IPD)
Undecided - It is not yet known if there will be a plan to make this available

Study Protocol
Undecided - It is not yet known if there will be 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
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
I haven't decided yet

When the data will become available and for how long
I haven't decided yet

To whom data/document is available
I haven't decided yet

Under which criteria data/document could be used
I haven't decided yet

From where data/document is obtainable
I haven't decided yet

What processes are involved for a request to access data/document
I haven't decided yet

Comments
I haven't decided yet