Clinical Trial Protocol
Iranian Registry of Clinical Trials

20 Sep 2026

Effect of combined exercise training on inflammatory factors and levels of hormones associated with blood glucose homeostasis in pediatric type 1 diabetes

Protocol summary

Study aim
Effect of combined exercise training on inflammatory factors and levels of hormones associated with blood glucose homeostasis in pediatric type 1 diabetes

Design
In this research, 35 child With type 1 diabetes voluntarily will be divided into two groups; 20 people in experimental and 15 people in control group.

Settings and conduct
The present study is a semi-experimental study among the child With type 1 diabetes of city of Rasht for 16 weeks. Blood sampling is performed after 12 hours of fasting and before and after 16 weeks of concurrent training.

Participants/Inclusion and exclusion criteria
Inclusion criteria: Having age ranges of 8-15 years, A1c≥7, Pediatric type 1 diabetes, No regular exercise
Exclusion criteria: more than three session absence from the training

Intervention groups
Intervention group: Combined training group. Aerobic training: sixteen weeks, three times per week . Aerobic exercises were performed with an intensity of 50-75% of maximum heart rate, pilates exercises, 3 set, 6-12 repeat and training using body weight with 20 minuets.
Control group: Without intervention

Main outcome variables
IL-1B, HS-CRP, IGF-1, Grows hormone, Cortisol, HbA1c, FBS, CBC

General information

Reason for update

Acronym

IRCT registration information
IRCT registration number: **IRCT20150531022498N30**
Registration date: **2019-07-26, 1398/05/04**
Registration timing: **retrospective**

Last update: **2019-07-26, 1398/05/04**
Update count: **0**

Registration date
2019-07-26, 1398/05/04

Registrant information

Name
Ramin Shabani

Name of organization / entity
Islamic Azad University

Country
Iran (Islamic Republic of)

Phone
+98 13 3375 2715

Email address
shabani@iaurasht.ac.ir

Recruitment status
Recruitment complete

Funding source

Expected recruitment start date
2019-02-09, 1397/11/20

Expected recruitment end date
2019-07-22, 1398/04/31

Actual recruitment start date
empty

Actual recruitment end date
empty

Trial completion date
empty

Scientific title
Effect of combined exercise training on inflammatory factors and levels of hormones associated with blood glucose homeostasis in pediatric type 1 diabetes

Public title

Effect of combined exercise training in pediatric type 1 diabetes

Purpose

Prevention

Inclusion/Exclusion criteria

Inclusion criteria:

Having age ranges of 8-15 years A1c≥7 Pediatric type 1 diabetes No regular exercise

Exclusion criteria:

More than three session absence from the training

Age

From **8 years** old to **15 years** old

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **35**

Randomization (investigator's opinion)

Randomized

Randomization description

Subjects were divided into 2 groups (one control group and one experimental groups) using the simple random method. This sampling will be done based on the red and blue balls inside the box that are randomly taken by the subjects (Red Orb and the Blue Orb of the experimental group).

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 Islamic Azad University Rasht Branch

Street address

Islamic Azad University Rasht Branch, Taleshan Bridge, Rasht

City

Rasht

Province

Guilan

Postal code

۴۱۴۷۶۵۴۹۱۹

Approval date

2019-07-19, 1398/04/28

Ethics committee reference number

IR.IAU.RASHT.REC.1398.011

2

Ethics committee

Name of ethics committee

Ethics Committee of Islamic Azad University Rasht Branch

Street address

Islamic Azad University Rasht Branch, Taleshan Bridge, Rasht

City

Rasht

Province

Guilan

Postal code

۴۱۴۷۶۵۴۹۱۹

Approval date

2017-09-19, 1396/06/28

Ethics committee reference number

IR.IAU.RASHT.REC.1396.168

Health conditions studied

1

Description of health condition studied

Type 1 diabetes

ICD-10 code

E10

ICD-10 code description

Type 1 diabetes mellitus

Primary outcomes

1

Description

IL-1B

Timepoint

Before and after the end of interventions

Method of measurement

using ELISA Kit

2

Description

High-sensitivity C-reactive Protein (hs-CRP)

Timepoint

Before and after the end of interventions

Method of measurement

using ELISA Kit

3

Description

IGF-1

Timepoint

Before and after the end of interventions

Method of measurement

using ELISA Kit

4

Description
Growth hormone
Timepoint
Before and after the end of interventions
Method of measurement
using ELISA Kit

5

Description
Cortisol
Timepoint
Before and after the end of interventions
Method of measurement
using ELISA Kit

6

Description
HbA1c
Timepoint
Before and after the end of interventions
Method of measurement
using ELISA Kit

7

Description
Fast blood sugar
Timepoint
Before and after the end of interventions
Method of measurement
using ELISA Kit

8

Description
Complete Blood Count (CBC)
Timepoint
Before and after the end of interventions
Method of measurement
using ELISA Kit

Secondary outcomes

1

Description
Quality of Life
Timepoint
Before and after the end of interventions
Method of measurement
Using questionnaire

2

Description
Body composition
Timepoint
Before and after the end of interventions
Method of measurement
Using weight, body mass index, waist to hip ratio and fat percent

3

Description
Physical fitness
Timepoint
Before and after the end of interventions
Method of measurement
Using measurement of aerobic power ,anaerobic , balance ,Flexibility and hand grip

4

Description
Blood pressure
Timepoint
Before and after the end of interventions
Method of measurement
Using the blood pressure device

Intervention groups

1

Description
Intervention group: Combined training group. Aerobic training: sixteen weeks, three times per week . Aerobic exercises were performed with an intensity of 50-75% of maximum heart rate ,pilates exercises, 3 set, 6-12 repeat and training using body weight with 20 minuets.
Category
Lifestyle

2

Description
Control group: Without intervention
Category
Lifestyle

Recruitment centers

1

Recruitment center
Name of recruitment center
17 Shahrivar Children's Hospital
Full name of responsible person
Dr setila dalili
Street address
Shahid Siadati Avenu, Namjoo Street, Rasht
City
Rasht
Province
Guilan
Postal code
4147654919
Phone
+98 13 3336 9070
Email

marzieh.nazari.v@gmail.com

Sponsors / Funding sources

1

Sponsor
Name of organization / entity
Islamic Azad University
Full name of responsible person
Ali delpasand
Street address
Islamic Azad University, Rasht Brunch
City
Rasht
Province
Guilan
Postal code
۴۱۴۷۶۵۴۹۱۹
Phone
+98 13 3342 2153
Email
shabani_msn@yahoo.com
Grant name
Grant code / Reference number
Is the source of funding the same sponsor organization/entity?
Yes
Title of funding source
Islamic Azad 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
Islamic Azad University
Full name of responsible person
Marzieh Nazari
Position
PhD student
Latest degree
Master
Other areas of specialty/work
Exercise physiology
Street address
Islamic Azad University Rasht Branch, Taleshan Bridge, Rasht
City
Rasht
Province
Guilan
Postal code
4147654919
Phone
+98 13 3342 2153
Email
marzieh.nazari.v@gmail.com

Person responsible for scientific inquiries

Contact
Name of organization / entity
Islamic Azad University
Full name of responsible person
Dr Ramin shabani
Position
Associate Professor
Latest degree
Ph.D.
Other areas of specialty/work
Exercise physiology
Street address
Islamic Azad University Rasht Branch, Taleshan Bridge, Rasht
City
Rasht
Province
Guilan
Postal code
4147654919
Phone
+98 13 3342 2153
Email
shabani_msn@yahoo.com

Person responsible for updating data

Contact
Name of organization / entity
Islamic Azad University
Full name of responsible person
Marzieh Nazari
Position
PhD Student
Latest degree
Master
Other areas of specialty/work
Exercise physiology
Street address
Islamic Azad University Rasht Branch, Taleshan Bridge, Rasht
City
Rasht
Province
Guilan
Postal code
4147654919
Phone
+98 13 3342 2153
Email
marzieh.nazari.v@gmail.com

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
Not applicable

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
Not applicable

Data Dictionary
Not applicable