

Clinical Trial Protocol

Iranian Registry of Clinical Trials

27 Jul 2026

The effect of a long-term period interval and continuous exercise on some markers and inflammatory cytokines in breast cancer survivors

Protocol summary

Registration timing: **registered_while_recruiting**

Study aim

The effect of a long-term period interval and continuous exercise on some markers and inflammatory cytokines in breast cancer survivors

Last update: **2019-09-05, 1398/06/14**

Update count: **0**

Registration date

2019-09-05, 1398/06/14

Design

45 women breast cancer survivors will be randomly divided into three groups (high intensity interval training, moderate intensity continuous training, and control). Each group will perform its own training protocol. Pre-test and post-test blood samples will be taken from the subjects to measure biochemical values.

Registrant information

Name

Babak Hooshmand Moghadam

Name of organization / entity

Ferdowsi University of Mashhad

Country

Iran (Islamic Republic of)

Phone

+98 51 3881 0540

Email address

babak.hooshmand@mail.um.ac.ir

Settings and conduct

The location of the research will be Tehran and the Laboratory of Sport Physiology.

Participants/Inclusion and exclusion criteria

Inclusion criteria:1. A definitive diagnosis of cancer and a history of cancer based on medical records 2. Exposure to stage one, two or three diseases and completion of treatment courses (Breast Removal Surgery, Chemotherapy, Radiotherapy) at least in the last 6 months 3.Menopause 4.Body mass index more than 25 kg/m2 5.Body fat more than 30%. Exclusion criteria:1.Cardiovascular disease 2.Diabetes 3.Thyroid diseases 4.smoking

Recruitment status

Recruitment complete

Funding source

Intervention groups

Control, high intensity interval training, moderate intensity continuous training

Expected recruitment start date

2019-08-23, 1398/06/01

Expected recruitment end date

2019-11-22, 1398/09/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Main outcome variables

Effect of high intensity interval training and moderate intensity continuous training on IL-8: Leptin: Adiponectin: IGF-1: IGFBP-3: TAC: MDA: OHdG-8

Scientific title

The effect of a long-term period interval and continuous exercise on some markers and inflammatory cytokines in breast cancer survivors

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20190731044398N2**

Registration date: **2019-09-05, 1398/06/14**

Public title

The effect of a long-term period interval and continuous

exercise on some markers and inflammatory cytokines in breast cancer survivors

Purpose

Supportive

Inclusion/Exclusion criteria

Inclusion criteria:

A definitive diagnosis of cancer and a history of cancer based on medical records. Exposure to stage one, two or three diseases and completion of treatment courses (Breast Removal Surgery, Chemotherapy, Radiotherapy) at least in the last 6 months Menopause Body mass index more than 25 kg/m² Body fat more than 30%

Exclusion criteria:

Cardiovascular disease Diabetes Thyroid diseases smoking

Age

No age limit

Gender

Female

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: 45

Randomization (investigator's opinion)

Randomized

Randomization description

Randomization method: Simple randomization, randomization unit: individual, randomization tool: random number table

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

Research Ethics Committee of Physical Education and Sport Sciences

Street address

impasse 5, district 7, Tehran, Iran

City

Tehran

Province

Tehran

Postal code

1587958711

Approval date

2019-07-01, 1398/04/10

Ethics committee reference number

IR.SSRI.REC.1398.055

Health conditions studied

1

Description of health condition studied

Breast cancer

ICD-10 code

C50

ICD-10 code description

Malignant neoplasm of breast

Primary outcomes

1

Description

Serum levels of IL-8

Timepoint

Before and after intervention

Method of measurement

Blood sampling and using ELISA method

2

Description

Serum levels of Leptin

Timepoint

Before and after intervention

Method of measurement

Blood sampling and using ELISA method

3

Description

Serum levels of Adiponectin

Timepoint

Before and after intervention

Method of measurement

Blood sampling and using ELISA method

4

Description

Serum levels of IGF-1

Timepoint

Before and after intervention

Method of measurement

Blood sampling and using ELISA method

5

Description

Serum levels of IGFBP-3

Timepoint

Before and after intervention

Method of measurement

Blood sampling and using ELISA method

6

Description

Serum levels of TAC

Timepoint

Before and after intervention

Method of measurement

Blood sampling and using ELISA method

7

Description

Serum levels of MDA

Timepoint

Before and after intervention

Method of measurement

Blood sampling and using ELISA method

8

Description

Serum levels of 8-OHdG

Timepoint

Before and after intervention

Method of measurement

Blood sampling and using ELISA method

Secondary outcomes

empty

Intervention groups

1

Description

high intensity interval training group: During the study, this group will perform high intensity interval training for 12 weeks and 3 weeks each week.

Category

Rehabilitation

2

Description

moderate intensity continuous training group: During the study, this group will perform moderate intensity continuous training for 12 weeks and 3 weeks each week.

Category

Rehabilitation

3

Description

Control group: During the study, this group will not perform any exercise.

Category

Lifestyle

Recruitment centers

1

Recruitment center

Name of recruitment center

Private

Full name of responsible person

Babak Hooshmand Hoghdam

Street address

Faculty of Physical Education and Sport Science of
Tehran University, Northern Kargar Ave, Tehran, Iran

City

Tehran

Province

Tehran

Postal code

1417614418

Phone

+98 21 8835 1730

Email

b.hooshmand.m@gmail.com

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Private

Full name of responsible person

Babak Hooshmand Moghadam

Street address

Faculty of Physical Education and Sport Science of
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Tehran

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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

Private

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

Persons

Person responsible for general inquiries

Contact

Name of organization / entity

University of Tehran

Full name of responsible person

Parisa Pournemati

Position

Assistant Professor

Latest degree

Ph.D.

Other areas of specialty/work

Physiology

Street address

Faculty of Physical Education and Sport Sciences,
Tehran University , North Kargar Ave, Tehran, Iran

City

Tehran

Province

Tehran

Postal code

1417614418

Phone

+98 21 8835 1730

Email

p.pournemati@ut.ac.ir

Person responsible for scientific inquiries

Contact

Name of organization / entity

University of Tehran

Full name of responsible person

Parisa Pournemati

Position

Assistant Professor

Latest degree

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Other areas of specialty/work

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p.pournemati@ut.ac.ir

Person responsible for updating data

Contact

Name of organization / entity

Ferdowsi University of Mashhad

Full name of responsible person

Babak Hooshmand Moghadam

Position

PhD student

Latest degree

Master

Other areas of specialty/work

Physiology

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Faculty of Physical Education and Sport Sciences,
University of Tehran, Northern Kargar Ave

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Province

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Sharing plan

Deidentified Individual Participant Data Set (IPD)

Yes - There is a plan to make this available

Study Protocol

No - There is not 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

Yes - There is a plan to make this available

Analytic Code

Not applicable

Data Dictionary

Not applicable

Title and more details about the data/document

Personal information of patients is confidential. But access to the research method and the information obtained from the research is not a problem

When the data will become available and for how long

After printing in a journal

To whom data/document is available

All students and enthusiasts

Under which criteria data/document could be used

In order to use data to carry out research work in this area

From where data/document is obtainable

The authors of this article b.hooshmand.m@gmail.com

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

By sending email the author will work with the applicant as soon as possible

Comments