Clinical Trial Protocol
Iranian Registry of Clinical Trials

08 Nov 2026

The Effects of 8 weeks aerobic training and garlic extract on serum, ANP, BNP and lipid profiles in obese hypertensive patients

Protocol summary

Study aim
The Effects of 8 weeks aerobic training and garlic extract on serum, ANP, BNP and lipid profiles in obese hypertensive patients
Design
The Effects of 8 weeks aerobic training and garlic extract on serum, ANP, BNP and lipid profiles in obese hypertensive patients
Settings and conduct
The Effects of 8 weeks aerobic training and garlic extract on serum, ANP, BNP and lipid profiles in obese hypertensive patients
Participants/Inclusion and exclusion criteria
obse _ Hypertention
Intervention groups
The Effects of 8 weeks aerobic training and garlic extract on serum, ANP, BNP and lipid profiles in obese hypertensive patients
Main outcome variables
The Effects of 8 weeks aerobic training and garlic extract on serum, ANP, BNP and lipid profiles in obese hypertensive patients

General information

Reason for update
Acronym
IRCT registration information
IRCT registration number: **IRCT20190918044813N1**
Registration date: **2019-09-20, 1398/06/29**
Registration timing: **registered_while_recruiting**

Last update: **2019-09-20, 1398/06/29**
Update count: **0**
Registration date
2019-09-20, 1398/06/29

Registrant information

Name
Farhad Towhidi
Name of organization / entity
Country
Iran (Islamic Republic of)
Phone
+98 83 3432 3779
Email address
farhadtowhidi@yahoo.com

Recruitment status
Recruitment complete
Funding source

Expected recruitment start date
2019-09-17, 1398/06/26
Expected recruitment end date
2019-09-27, 1398/07/05
Actual recruitment start date
empty
Actual recruitment end date
empty
Trial completion date
empty

Scientific title
The Effects of 8 weeks aerobic training and garlic extract on serum, ANP, BNP and lipid profiles in obese hypertensive patients

Public title
The Effects of 8 weeks aerobic training and garlic extract on serum, ANP, BNP and lipid profiles in obese hypertensive patients
Purpose
Treatment
Inclusion/Exclusion criteria
Inclusion criteria:
Obse Hypertention
Exclusion criteria:
Age
From **45 years** old to **70 years** old

Gender
Male

Phase
3

Groups that have been masked

- Participant
- Care provider
- Investigator

Sample size
Target sample size: **60**

Randomization (investigator's opinion)
Randomized

Randomization description
The Effects of 8 weeks aerobic training and garlic extract on serum, ANP, BNP and lipid profiles in obese hypertensive patients

Blinding (investigator's opinion)
Double blinded

Blinding description
با توجه به مصرف عصاره سیر و داشتن دارونما لازم است شرکت کنندگان و محقق و مراقبین اطلاعی از ترکیبات نداشته باشند وگرنه سوگیری میکنند و لازم است با همکاری لازم و کافی در تحقیق شرکت نمایند .

Placebo
Used

Assignment
Factorial

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee
Kermanshah University of Medical Sciences

Street address
Parastar Blvd

City
Kermanshah

Province
Kermanshah

Postal code
6715639176

Approval date
2019-09-17, 1398/06/26

Ethics committee reference number
IR.KUMS.REC.1398.656

Health conditions studied

1

Description of health condition studied
The Effects of 8 weeks aerobic training and garlic extract on serum, ANP, BNP and lipid profiles in obese hypertensive patients

ICD-10 code
چاقی و فشا

ICD-10 code description
چاقی و فشارخون بالا

Primary outcomes

1

Description
The Effects of 8 weeks aerobic training and garlic extract on serum, ANP, BNP and lipid profiles in obese hypertensive patients

Timepoint
8 weeks

Method of measurement
The Effects of 8 weeks aerobic training and garlic extract on serum, ANP, BNP and lipid profiles in obese hypertensive patients

Secondary outcomes

empty

Intervention groups

1

Description
Intervention group: The Effects of 8 weeks aerobic training and garlic extract on serum, ANP, BNP and lipid profiles in obese hypertensive patients

Category
Treatment - Drugs

Recruitment centers

1

Recruitment center

Name of recruitment center
Imam Reza Hospital

Full name of responsible person
Khaled Mohammadzadeh Salamat

Street address
Parastar Blvd

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Kermanshah

Province
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Postal code
6715639176

Phone
+98 83 3427 6344

Email
farhadtowhidi@yahoo.com

Sponsors / Funding sources

1

Sponsor

Name of organization / entity
Kermanshah University of Medical Sciences

Full name of responsible person
Kermanshah University of Medical Sciences

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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
Kermanshah University of Medical Sciences

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
Kermanshah University of Medical Sciences

Full name of responsible person
Khaled Mohammadzadeh Salamat

Position
Consultant

Latest degree
Ph.D.

Other areas of specialty/work
Physiology

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Person responsible for scientific inquiries

Contact

Name of organization / entity
Kermanshah University of Medical Sciences

Full name of responsible person
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Position
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Ph.D.

Other areas of specialty/work
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Person responsible for updating data

Contact

Name of organization / entity
Kermanshah University of Medical Sciences

Full name of responsible person
Farhad Towhidi

Position
Empoliei

Latest degree
Master

Other areas of specialty/work
Nursery

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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

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 Effects of 8 weeks aerobic training and garlic extract on serum, ANP, BNP and lipid profiles in obese hypertensive patients

When the data will become available and for how long

6 month

To whom data/document is available

Researchers

Under which criteria data/document could be used

Researchers

From where data/document is obtainable

Journal and site

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

Researh

Comments