

Clinical Trial Protocol

Iranian Registry of Clinical Trials

10 Jun 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 و گرنه 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

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Province

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6715639176

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+98 83 3427 6344

Email

farhadtohwidi@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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City

Kermanshah

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Email

farhadtowhidi@yahoo.com

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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Kh.mohamadzadeh@gmail.com

Person responsible for scientific 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 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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Email

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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**
Research
Comments