

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

11 Jul 2026

### The Effect of 8 Weeks Endurance, Resistance and Combined Isocaloric Trainings on Lipoprotein and Weight Loss in Overweight Women

#### Protocol summary

##### Study aim

The effects of 8 weeks of isocaloric endurance, resistance and combination training on lipoprotein and weight loss in overweight women

##### Design

The subjects of this study were selected from female students of Razi University of Kermanshah. In this regard, 60 volunteers who are willing to participate in the research and have the necessary conditions to enter the study will be randomly selected in 4 groups of 15 people to complete the research.

##### Settings and conduct

The subjects of this study were selected from female students of Razi University of Kermanshah. In this regard, 60 volunteers who are willing to participate in the research and have the necessary conditions to enter the study will be randomly selected in 4 groups of 15 people to complete the research.

##### Participants/Inclusion and exclusion criteria

1. Overweight women with a body mass index of 25-30.
2. No cardiovascular and metabolic diseases.
3. Lack of affecting musculoskeletal injuries in the exercise process.
4. Lack of track record in regular exercise.
5. No smoking and alcoholic beverages.
6. Volunteer to participate in the research.

##### Intervention groups

Three types of training including endurance training, resistance training, combined exercise (resistance and endurance) and control group without exercise intervention

##### Main outcome variables

Losing weight, lowering blood fat, lowering body mass index

#### General information

##### Reason for update

##### Acronym

##### IRCT registration information

IRCT registration number: **IRCT20191205045615N1**

Registration date: **2019-12-28, 1398/10/07**

Registration timing: **registered\_while\_recruiting**

Last update: **2019-12-28, 1398/10/07**

Update count: **0**

##### Registration date

2019-12-28, 1398/10/07

##### Registrant information

###### Name

shaida saydi

###### Name of organization / entity

###### Country

Iran (Islamic Republic of)

###### Phone

+98 83 3432 7385

###### Email address

sh.60101@gmail.com

##### Recruitment status

**Recruitment complete**

##### Funding source

##### Expected recruitment start date

2019-12-22, 1398/10/01

##### Expected recruitment end date

2020-01-21, 1398/11/01

##### Actual recruitment start date

empty

##### Actual recruitment end date

empty

##### Trial completion date

empty

##### Scientific title

The Effect of 8 Weeks Endurance, Resistance and Combined Isocaloric Trainings on Lipoprotein and Weight Loss in Overweight Women

##### Public title

Evaluation of three types of exercise on blood lipid profile and weight loss

### **Purpose**

Health service research

### **Inclusion/Exclusion criteria**

#### **Inclusion criteria:**

Overweight women with body mass index 25-30 Lack of cardiovascular and metabolic diseases.Lack of affecting Lack of track musculoskeletal injuries in the exercise process. record in regular exercise.No smoking and alcoholic beverages.Volunteer to participate in the research.

#### **Exclusion criteria:**

### **Age**

From **19 years** old to **30 years** old

### **Gender**

Female

### **Phase**

N/A

### **Groups that have been masked**

*No information*

### **Sample size**

Target sample size: **60**

### **Randomization (investigator's opinion)**

Randomized

### **Randomization description**

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**

Ethics committee of Kurdistan University

##### **Street address**

nasaji

##### **City**

kermanshah

##### **Province**

Kermanshah

##### **Postal code**

6617753833

#### **Approval date**

2019-11-09, 1398/08/18

#### **Ethics committee reference number**

IR.UOK.REC.1398.031

## **Health conditions studied**

### 1

#### **Description of health condition studied**

Obesity

#### **ICD-10 code**

#### **ICD-10 code description**

## **Primary outcomes**

### 1

#### **Description**

blood cholesterol

#### **Timepoint**

Beginning and end of study

#### **Method of measurement**

blood test

### 2

#### **Description**

Tri glyceride

#### **Timepoint**

Beginning and end of study

#### **Method of measurement**

blood test

### 3

#### **Description**

High-density lipoprotein

#### **Timepoint**

Beginning and end of study

#### **Method of measurement**

blood test

### 4

#### **Description**

Low density lipoprotein

#### **Timepoint**

Beginning and end of study

#### **Method of measurement**

blood test

### 5

#### **Description**

BMI

#### **Timepoint**

Beginning and end of study

#### **Method of measurement**

Body composition test

### 6

#### **Description**

Weight

#### **Timepoint**

Beginning and end of study

#### **Method of measurement**

Body composition test

## Secondary outcomes

1

### Description

"Obesity"

### Timepoint

Before and immediately after the study

### Method of measurement

Test Kit

## Intervention groups

1

### Description

First Intervention Group, Aerobic Exercise Second Intervention Group, Resistance Exercise Third Intervention Group, Combined Exercise for 8 Weeks

### Category

Treatment - Devices

2

### Description

Control group: for 8 weeks

### Category

Other

3

### Description

Intervention group: The first intervention group is an endurance group that will burn 217 kcal of rubber on an ergometer bike for each session for 8 weeks.

### Category

Other

4

### Description

Intervention group: The second intervention group is a combination group that will perform endurance and endurance exercises for 8 weeks in one session with 217 kcal burn.

### Category

Other

5

### Description

Intervention group: The third intervention group is resistance training that will perform it for 8 weeks, with 217 kcal burn per session.

### Category

Other

## Recruitment centers

1

### Recruitment center

#### Name of recruitment center

Razi University

#### Full name of responsible person

Shaída Saydí

#### Street address

nasaji street

#### City

kermanshah

#### Province

Kermanshah

#### Postal code

6717753833

#### Phone

+98 83 3432 7385

#### Email

sh.60101@gmail.com

## Sponsors / Funding sources

1

### Sponsor

#### Name of organization / entity

Sanandaj University of Medical Sciences

#### Full name of responsible person

dariush shaikh eslami

#### Street address

sanandaj

#### City

sanandaj

#### Province

Kurdistan

#### Postal code

6641864859

#### Phone

+98 83 3432 7385

#### Email

sh.60101@gmail.com

#### Grant name

#### Grant code / Reference number

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

No

#### Title of funding source

kurdestan university

#### Proportion provided by this source

1

#### Public or private sector

Public

#### 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

sh.60101@gmail.com

### Contact

**Name of organization / entity**  
University Kordestan  
**Full name of responsible person**  
Shaida Saydi  
**Position**  
student  
**Latest degree**  
Bachelor  
**Other areas of specialty/work**  
Physiology  
**Street address**  
Textile Street  
**City**  
Kermanshah  
**Province**  
Kermanshah  
**Postal code**  
6717753833  
**Phone**  
+98 83 3432 7385  
**Email**  
Sh.60101@gmail.com

## Person responsible for scientific inquiries

### Contact

**Name of organization / entity**  
University Kordestan  
**Full name of responsible person**  
shaida saydi  
**Position**  
Student  
**Latest degree**  
Bachelor  
**Other areas of specialty/work**  
Physiology  
**Street address**  
Textile Street  
**City**  
Kermanshah  
**Province**  
Kermanshah  
**Postal code**  
6717753833  
**Phone**  
+98 83 3432 7385  
**Email**

## Person responsible for updating data

### Contact

**Name of organization / entity**  
University Kordestan  
**Full name of responsible person**  
Shaida Saydi  
**Position**  
Student  
**Latest degree**  
Bachelor  
**Other areas of specialty/work**  
Physiology  
**Street address**  
Textile Street  
**City**  
Kermanshah  
**Province**  
Kermanshah  
**Postal code**  
6717753833  
**Phone**  
+98 83 3432 7385  
**Email**  
sh.60101@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

Undecided - It is not yet known if there will be a plan to make this available

### 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

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