

Clinical Trial Protocol

Iranian Registry of Clinical Trials

05 Jul 2026

Effects of 8 weeks resistance versus endurance training on plasma visfatin in middle-aged men

Protocol summary

Summary

The purpose of this study is to examine the effect of 8 weeks resistance versus endurance training on plasma visfatin in middle-aged men. Twenty eight healthy middle-aged men (age ranges of 30 - 52) with no period of training in the last 6 months, who are not suffering from cardiovascular and metabolic diseases with will be randomly allocated into three groups: control group (10 = n), resistance training group (9 = n) and endurance training group (9 = n). Initially the percentage of fat, plasma visfatin concentrations, waist to hip ratio and blood pressure will be measured in all these subjects. Then the resistance training will be performed 3 days per week at an intensity corresponding to 65-80% of one-repetition maximum, 8-12 repetitions and 2-4 sets for 8 weeks, Endurance training group, also, underwent an 8-week intervention, with a frequency of 3 days per week at an intensity corresponding to 65 - 80% maximum heart rate for 20 - 34 min. At the end of the interventions fat content, plasma concentrations visfatin, waist to hip ratio and blood pressure will be measured again and compared between the three groups. Comparisons will be made before and after the interventions in each group as well.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT138903254188N1**
Registration date: **2010-08-28, 1389/06/06**
Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2010-08-28, 1389/06/06

Registrant information

Name

Amin Mohammadi Damieh

Name of organization / entity

Islamic Azad University

Country

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Recruitment status

Recruitment complete

Funding source

Vice chancellor for Research, Islamic Azad University, Gachsaran

Expected recruitment start date

2009-12-22, 1388/10/01

Expected recruitment end date

2010-03-16, 1388/12/25

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Effects of 8 weeks resistance versus endurance training on plasma visfatin in middle-aged men

Public title

Effects of training(resistance versus endurance) on plasma visfatin

Purpose

Supportive

Inclusion/Exclusion criteria

Inclusion criteria: 1. Age between 30 and 52 years 2. No history of cardiac or metabolic disease 3. Subjects have not been in physical training in the last 6 month before

the study begins Exclusion criteria: 1. Uncooperative participants 2-Exacerbation of breathing problems.

Age

From **30 years** old to **52 years** old

Gender

Male

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **28**

Randomization (investigator's opinion)

Randomized

Randomization description

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

Islamic Azad University Gachsaran Branch

Street address

Islamic Azad University Gachsaran Branch

City

Gachsaran

Postal code

Approval date

empty

Ethics committee reference number

01-24-5-47269

Health conditions studied

1

Description of health condition studied

plasma protein

ICD-10 code

R77

ICD-10 code description

Other abnormalities of plasma proteins

Primary outcomes

1

Description

Body fat percent

Timepoint

Prior to intervention, after the intervention

Method of measurement

Caliper

2

Description

Plasma visfatin concentration

Timepoint

Prior to intervention, after the intervention

Method of measurement

ELISA kits

3

Description

Waist to hip ratio (WHR)

Timepoint

Prior to intervention, after the intervention

Method of measurement

tape meter

Secondary outcomes

1

Description

Blood pressure

Timepoint

prior to intervention, after the intervention

Method of measurement

Mercury barometer

Intervention groups

1

Description

resistance training

Category

Lifestyle

2

Description

endurance training

Category

Lifestyle

3

Description

Did not do any exercise

Category

N/A

Recruitment centers

1

Recruitment center

Name of recruitment center

Islamic Azad University Gachsaran Branch

Full name of responsible person

Amin Mohammadi Damieh

Street address

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Islamic Azad University Gachsaran Branch

Full name of responsible person

Seyed Saman Mousavian

Street address

Vice chancellor for Research, Islamic Azad University

Gachsaran

City

Gachsaran

Grant name

Grant code / Reference number

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

Yes

Title of funding source

Islamic Azad University Gachsaran Branch

Proportion provided by this source

100

Public or private sector

empty

Domestic or foreign origin

empty

Category of foreign source of funding

empty

Country of origin

Type of organization providing the funding

empty

Person responsible for general inquiries

Contact

Name of organization / entity

Islamic Azad University Gachsaran Branch

Full name of responsible person

Amin Mohammadi Damieh

Position

Faculty of Islamic Azad University Gachsaran, (MS)

Other areas of specialty/work

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Sharing plan

Deidentified Individual Participant Data Set (IPD)

empty

Study Protocol

empty

Statistical Analysis Plan

empty

Informed Consent Form

empty

Clinical Study Report

empty

Analytic Code

empty

Data Dictionary

empty