

Clinical Trial Protocol

Iranian Registry of Clinical Trials

19 Jun 2026

Comparison Of The Effect Of Eight Weeks Of Combined Exercise And Curcumin Supplementation On C - Reactive Protein, Ferritin, ESR And Some Functional Factors In Obese Elderly Men

Protocol summary

Study aim

Comparison of eight weeks of combination training and curcumin supplementation and combination of c-reactive protein, ferritin, ESR and some functional factors in obese elderly men

Design

Intervention group 1: Curcumin supplementation The participants in the curcumin supplementation group received 8 mg of curcumin nanomyscle capsule daily for 8 weeks before lunch. Intervention group 2: Combined exercises (resistance and aerobic exercise) for 8 weeks Subjects Relevant activities were performed 3 times (3 sets) 6 days a week and 8 to 10 times for 8 weeks in order. Aerobic training started with 55% of maximal reserve heart rate and increased to 75% of maximal heart rate over 8 weeks. The program started 6 consecutive sessions a week from 30 minutes in the first sessions to 54 minutes in the last sessions. Intervention group 3: The control group was followed up only without intervention

Settings and conduct

Interested individuals were invited to participate in this study by meeting and interviewing in Isfahan Sport Stations. Then, in coordination with the station trainer, a questionnaire was prepared to obtain personal information and medical history and was given to overweight and obese men.

Participants/Inclusion and exclusion criteria

36 elderly men with a BMI greater than or equal to 30 kg as well as inclusion criteria, including those with no specific illness or history of regular physical activity and who did not use special weight loss programs, had biliary problems. They were not prepared and were ready to start physical activity

Intervention groups

Intervention group 1: Curcumin supplementation group
Intervention group 2: Combined exercise group

Intervention group 3: Curcumin supplementation and Combined exercise group

Main outcome variables

Reactive Protein C. Ferritin. ESR

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20170510033909N8**

Registration date: **2020-04-21, 1399/02/02**

Registration timing: **retrospective**

Last update: **2020-04-21, 1399/02/02**

Update count: **0**

Registration date

2020-04-21, 1399/02/02

Registrant information

Name

فرزانه تقیان

Name of organization / entity

دانشگاه آزاد اسلامی. واحد اصفهان

Country

Iran (Islamic Republic of)

Phone

+98 913 308 0241

Email address

f.taghian@khuisf.ac.ir

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2018-12-22, 1397/10/01

Expected recruitment end date

2019-01-20, 1397/10/30

Actual recruitment start date

2018-03-21, 1397/01/01

Actual recruitment end date

2018-04-19, 1397/01/30

Trial completion date

2019-07-21, 1398/04/30

Scientific title

Comparison Of The Effect Of Eight Weeks Of Combined Exercise And Curcumin Supplementation On C - Reactive Protein, Ferritin, ESR And Some Functional Factors In Obese Elderly Men

Public title

The effect of curcumin plus combination exercises on inflammatory and functional factors in obese older men

Purpose

Supportive

Inclusion/Exclusion criteria**Inclusion criteria:**

Age range of 60 to 75 years BMI> 30

Exclusion criteria:

No regular physical activity No biliary disease No smoking and alcohol

Age

From **60 years** old to **75 years** old

Gender

Male

Phase

3

Groups that have been masked

No information

Sample size

Target sample size: **45**

Actual sample size reached: **36**

Randomization (investigator's opinion)

Randomized

Randomization description

Simple randomization , Random number table , To use random numbers, the researcher first predefines the reader for reading table numbers (for example, up, down, left, or right), the second is to consider numbers for different groups (for example, pair numbers for intervention A and individual numbers for Intervention B, another way of taking numbers from 2400 to intervene A, and numbers 25-49 for intervention B, are numbers 74-50 for group C and numbers 99-75 for group D), then put on one of the numbers and In one direction, it has been predefined and recorded numbers and allocated to different groups.

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 on Research Islamic Azad University Isfahan Branch (Khorasgan)

Street address

Islamic Azad University Isfahan Branch (Khorasgan),Arghvaniyah,Isfahan

City

Isfahan

Province

Isfahan

Postal code

81551-39998

Approval date

2019-07-20, 1398/04/29

Ethics committee reference number

IR.IAU.KHUISF.REC.1398.139

Health conditions studied**1****Description of health condition studied**

Elder

ICD-10 code**ICD-10 code description****Primary outcomes****1****Description**

Reactive protein C

Timepoint

At the beginning and end of the study after 8 weeks

Method of measurement

Alisa method with RT kit-(State fax 2000)

2**Description**

Ferritin

Timepoint

At the beginning and end of the study after 8 weeks

Method of measurement

Alisa method with RT kit-(State fax 2000)

3**Description**

ESR

Timepoint

At the beginning and end of the study after 8 weeks

Method of measurement

Alisa method with RT kit-(State fax 2000)

4

Description

Functional

Timepoint

Before and after the last training day

Method of measurement

Based on standard tables

Secondary outcomes

empty

Intervention groups

1

Description

Intervention group: Supplementation of curcumin (Daily intake of an 80 mg nanocrystalline curcumin capsule)

Category

Rehabilitation

2

Description

Intervention group: Combined exercises(Aerobic and official exercises 6 sessions per week) This group was a combination of aerobic and resistance training with Traband.

Category

Treatment - Other

3

Description

Intervention group 3:Curcumin supplementation and combination exercises (three-time exercise) were performed 6 days a week for 24 sessions, and an 80 mg capsule of curcumin nanomixel was taken daily before lunch.

Category

Treatment - Other

Recruitment centers

1

Recruitment center**Name of recruitment center**

Isfahan Sports Station No. 33

Full name of responsible person

Niloofar Malekipoor

Street address

Kamal Ismail Park

City

Esfahan

Province

Isfahan

Postal code

8160000001

Phone

+98 31 3431 4480

Email

Niloofarsadr2017@yahoo.com

Sponsors / Funding sources

1

Sponsor**Name of organization / entity**

Islamic Azad University, Isfahan Branch (Khorasgan),
Research Deputy

Full name of responsible person

Majid Toghyani

Street address

Khorasgan University, Arghavanie St, Isfahan

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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

Islamic Azad University, Isfahan Branch (Khorasgan),
Research Deputy

Proportion provided by this source

100

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**Contact****Name of organization / entity**

Islamic Azad University

Full name of responsible person

Farzaneh Taghian

Position

PhD,Academic Assistance

Latest degree

Ph.D.

Other areas of specialty/work

Sport Medicine

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Person responsible for scientific inquiries

Contact

Name of organization / entity
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Position
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Sharing plan

Deidentified Individual Participant Data Set (IPD)

No - There is not a plan to make this available

Justification/reason for indecision/not sharing IPD

No more information

Study Protocol

No - There is not a plan to make this available

Statistical Analysis Plan

No - There is not a plan to make this available

Informed Consent Form

No - There is not a plan to make this available

Clinical Study Report

No - There is not a plan to make this available

Analytic Code

No - There is not a plan to make this available

Data Dictionary

No - There is not a plan to make this available