

Clinical Trial Protocol

Iranian Registry of Clinical Trials

29 Jun 2026

Comparison of some immune response in serum and saliva at healthy men after one bout of exhaustive aerobic exercise

Protocol summary

Study aim

Comparison of some immune response in serum and saliva at healthy men after one bout of exhaustive aerobic exercise

Design

This study is a non-randomized clinical trial and it will be a single group.

Settings and conduct

This clinical trial study will be conducted in physical education hall of Tabriz University of Medical Sciences. Intervention group will be measured during one exercise session on criteria such as cortisol in saliva and urine sample.

Participants/Inclusion and exclusion criteria

Inclusion criteria included: age between 19-21, having no infectious and inflammatory disease and being male, and exclusion criteria included being female and having the disease.

Intervention groups

The intervention group consists of individuals who will participate in an exhausting exercise session and then measure what will be needed.

Main outcome variables

Cortisol

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20200119046192N1**

Registration date: **2020-03-01, 1398/12/11**

Registration timing: **prospective**

Last update: **2020-03-01, 1398/12/11**

Update count: **0**

Registration date

2020-03-01, 1398/12/11

Registrant information

Name

iran akhtari shojaei

Name of organization / entity

Country

Iran (Islamic Republic of)

Phone

+98 41 3336 4901

Email address

akhtary20@yahoo.com

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2020-03-05, 1398/12/15

Expected recruitment end date

2020-03-20, 1399/01/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Comparison of some immune response in serum and saliva at healthy men after one bout of exhaustive aerobic exercise

Public title

Comparison of some immune response in serum and saliva

Purpose

Diagnostic

Inclusion/Exclusion criteria

Inclusion criteria:

21>age>19 Male No inflammatory disease

Exclusion criteria:

Female Presence of infection disease

Age

From **19 years** old to **21 years** old

Gender

Male

Phase

2-3

Groups that have been masked

No information

Sample size

Target sample size: **30**

Randomization (investigator's opinion)

N/A

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

Ethics committee of tabriz university of medical sciences

Street address

No.65., Azadi aveu., amirkabir street

City

tabriz

Province

East Azarbaijan

Postal code

5173814834

Approval date

2020-01-04, 1398/10/14

Ethics committee reference number

lr.tbzmed.rec.1398.1094

Health conditions studied

1

Description of health condition studied

Cortisol

ICD-10 code

Y93.A3

ICD-10 code description

Activity, aerobic and step exercise

Primary outcomes

1

Description

Cortisol

Timepoint

قبل از انجام مداخله و بلافاصله بعد از انجام مداخله

Method of measurement

Eliza method

Secondary outcomes

empty

Intervention groups

1

Description

Intervention group: The group will attend a post-exercise exercise session after the study; cortisol levels will be measured before and immediately after the intervention through saliva and serum samples. The hormone will be measured with the help of an ELISA device.

Category

Diagnosis

Recruitment centers

1

Recruitment center

Name of recruitment center

University of Tabriz

Full name of responsible person

Ebrahim Akhtari shojaei

Street address

No. 65, Azadi Street., AmirKabir

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Postal code

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Phone

+98 41 3441 5683

Email

Akhtary20@yahoo.com

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Tabriz University of Medical Sciences

Full name of responsible person

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Street address

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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

Tabriz University of Medical Sciences

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

Tabriz University of Medical Sciences

Full name of responsible person

Ebrahim Akhtari Shojaei

Position

Researcher

Latest degree

Ph.D.

Other areas of specialty/work

Physiology

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Person responsible for scientific inquiries

Contact

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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