Clinical Trial Protocol
Iranian Registry of Clinical Trials

19 Sep 2026

Comparison of two methods of concurrent training and ginger intake on visfatin and metabolic syndrome in overweight women

Protocol summary

Study aim

1. The effect of two parallel training methods with ginger consumption on overweight women 2. The effect of two parallel training methods with ginger consumption on overweight female insulin 3. The effect of two parallel training methods with ginger consumption on overweight HDL women 4. The effect of two parallel training methods along with ginger consumption on overweight LDL women 5. The effect of two parallel training methods with ginger consumption on lipid profile (TG) of overweight women 6. The effect of two parallel training methods with ginger consumption on overweight women with cholesterol

Design

randomized , superiority, parallel group trail and outcome assessment. . Excel software rand function was used for randomization.

Settings and conduct

The study included overweight women aged 30 to 45 years. body mass index of between 25 up 29 .Targeted way to participate in the present study, 32 women who were eligible to participate in the present study were selected from women in the northwestern part of Tehran.

Participants/Inclusion and exclusion criteria

The study included overweight women between the ages of 30 and 45 . Body mass index of more than 25 kilograms per square meter.

Intervention groups

Group 1, resistance training protocol and consumption of ginger, 2- Group 2 , resistance training protocol + intensity interval training and consumption of ginger, 3- GROUP 3, intensity interval training protocol + resistance training and consumption of ginger and 4- GROUP 4, intensity interval training protocol and ginger consumption

Main outcome variables

Visfatin - High density lipoprotein(HDL) - Low density lipoprotein(LDL) - Cholesterol.

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20200511047401N1**
Registration date: **2020-08-24, 1399/06/03**
Registration timing: **retrospective**

Last update: **2020-08-24, 1399/06/03**
Update count: **0**

Registration date

2020-08-24, 1399/06/03

Registrant information

Name

Maryam Takhty

Name of organization / entity

Country

Iran (Islamic Republic of)

Phone

+98 21 7760 5721

Email address

maryam.takhty@srbiau.ac.ir

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2018-12-09, 1397/09/18

Expected recruitment end date

2018-12-11, 1397/09/20

Actual recruitment start date

2018-12-09, 1397/09/18

Actual recruitment end date

2018-12-13, 1397/09/22

Trial completion date

2019-02-04, 1397/11/15

Scientific title

Comparison of two methods of concurrent training and ginger intake on visfatin and metabolic syndrome in overweight women

Public title
The effect of exercise on diseases caused by obesity in women
Purpose
Basic scienece
Inclusion/Exclusion criteria
Inclusion criteria:
Healthy and without any underlying disease They are not menopausal They do not need medication From the age of 30 to 45 years
Exclusion criteria:
Be a elite athlete Cardiovascular patients
Age
From **30 years** old to **45 years** old
Gender
Female

Phase
2
Groups that have been masked
No information
Sample size
Target sample size: **32**
Actual sample size reached: **32**
Randomization (investigator's opinion)
Randomized
Randomization description
Individuals were declared eligible based on the initial questionnaire and then randomly divided into four groups. The simple randomization method was the individual unit and its tools were closed envelope.
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 the Research Institute of Physical Education and Educational Sciences of the Min
Street address
No. 3, 5th Alley, Mir Emad St., Ostad Motahari St., Tehran
City
Tehran
Province
Tehran
Postal code
1587958711
Approval date
2019-07-01, 1398/04/10
Ethics committee reference number
IR.SSRC.REC.1398.115

Health conditions studied

1

Description of health condition studied
Metabolic syndrome
ICD-10 code
E08
ICD-10 code description
Diabetes mellitus due to underlying condition

Primary outcomes

1

Description
Visfatin
Timepoint
Pretest & Post test
Method of measurement
Blood sampling

2

Description
Metabolic Syndrome
Timepoint
Pretest & Post Test
Method of measurement
Blood Sampling

Secondary outcomes

empty

Intervention groups

1

Description
Intervention group: Intervention group 1 includes women with resistance training protocol (three days a week for 8 weeks with an initial severity of 55% 1rm gradually reached 70% during the test) and consumption of 1 gram of powdered ginger from Hakim Tabrizi Pharmaceutical Company2- Intervention group 2 includes women with resistance training protocol + intense periodic training (first, resistance training with a starting intensity of 55% 1rm gradually reached 70% during the test and after 5 minutes of intense intermittent training with the first 4 weeks with 50 to 60% Stored heart rate and second 4 weeks with 60 to 80 percent heart rate reserve) and ginger consumption,3- Intervention group 3 Intense periodic training protocol + resistance training and consumption of ginger and 4- Intervention group 4

Intense periodic training protocol and consumption of ginger

Category

Other

2

Description

Control group:

Category

Other

Recruitment centers

1

Recruitment center

Name of recruitment center

Royan Specialized Research Institute

Full name of responsible person

Sodeifi Nilofar

Street address

Heravi Street

City

Tehran

Province

Tehran

Postal code

1564778615

Phone

+98 21 2356 2000

Fax

+98 21 2230 6481

Email

info@royaninstitute.org

Web page address

https://www.royaninstitute.org

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Islamic Azad University

Full name of responsible person

Mohamad Niya Meysam

Street address

Afsariyeh Three Ways - Imam Reza (AS) Highway - 18 km of Shahr Ghiamdasht - End of Shahid Bahonar St. - Islamic Azad University, East Branch

City

Tehran

Province

Tehran

Postal code

1866113118

Phone

+98 21 4950 3359

Email

info@iauet.ac.ir

Grant name

Grant code / Reference number

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

No

Title of funding source

Maryam Takhti

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

Other

Person responsible for general inquiries

Contact

Name of organization / entity

Islamic Azad University

Full name of responsible person

Shahin Riyahi Malayeree

Position

Assistant Professor

Latest degree

Ph.D.

Other areas of specialty/work

Physiology

Street address

Ghyamdasht Bahonar Street East Branch Azad University

City

Tehran

Province

Tehran

Postal code

1866113118

Phone

+98 21 4950 3359

Email

info@iauet.ac.ir

Person responsible for scientific inquiries

Contact

Name of organization / entity

Islamic Azad University

Full name of responsible person

Shahin Riyahi Malayeree

Position

Assistant Professor

Latest degree

Ph.D.

Other areas of specialty/work

Physiology

Street address

Ghyamdasht Bahonar Street East Branch Of Azad University

City
Tehran
Province
Tehran
Postal code
1866113118
Phone
+98 21 4950 3359
Fax
Email
info@iauet.ac.ir

Person responsible for updating data

Contact
Name of organization / entity
Islamic Azad University
Full name of responsible person
Maryam Takhty
Position
PHD Student
Latest degree
Master
Other areas of specialty/work
Physiology
Street address
No 48 Misagh Ave. shariatee ST.
City
Tehran
Province
Tehran
Postal code
1564778615
Phone
+98 21 7760 5721
Email
maryam.takhty@srbiau.ac.ir

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
Due to not sharing with ICMJE-related journals
Study Protocol
No - There is not a plan to make this available
Statistical Analysis Plan
Not applicable
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
Not applicable
Data Dictionary
No - There is not a plan to make this available