

Clinical Trial Protocol

Iranian Registry of Clinical Trials

10 Jul 2026

The effect of eight weeks aerobic training and omega3 ingestion on the levels of IL-1 β and MCP-1 in overweight and obese women

Protocol summary

women, weight loss, Study the risk of inflammatory diseases

Study aim

Explaining the effect of eight weeks of aerobic exercise and omega-3 intake on IL-1 β and MCP-1 levels in overweight and obese women

Design

Clinical trial with control group, with parallel groups, one-way blind, randomized, on 40 patients

Settings and conduct

Pre-test blood samples will be collected prior to the 8-week training intervention. In the next stage, the subjects of the aerobic exercise group and aerobic exercise + omega 3 will participate in the desired exercise program for 8 weeks. Each aerobic exercise session will consist of 47 minutes of brisk walking or jogging with an intensity equivalent to 70-60% of the maximum heart rate, which is performed three times a week. Before and after each aerobic exercise session, warm-up and cooling will be performed, respectively. Consumption of omega-3 will be considered 2000 mg per day. 48 hours after the last exercise session and in order to eliminate the acute effects of the last session of aerobic exercise and omega 3 consumption, the subjects will be present again in the post-test phase for blood sampling. 7 ml of blood will be taken from each subject while sitting and from a brachial vein. The blood samples are then centrifuged.

Participants/Inclusion and exclusion criteria

Overweight and obese women between the ages of 25 and 40, not participating in regular exercise for the past year, not having type 2 diabetes, not having other chronic diseases such as cancer, not having a history of heart disease, and lack of physical and medical restrictions to participate in exercise

Intervention groups

Subjects will be randomly divided into 4 groups including placebo, omega 3, aerobic exercise and aerobic exercise + omega 3

Main outcome variables

Study level of IL-1 β and MCP-1 in overweight and obese

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20200806048320N1**

Registration date: **2020-11-22, 1399/09/02**

Registration timing: **retrospective**

Last update: **2020-11-22, 1399/09/02**

Update count: **0**

Registration date

2020-11-22, 1399/09/02

Registrant information

Name

Seyyedeh Fatemeh Abdollah Pouri Hosseini

Name of organization / entity

Country

Iran (Islamic Republic of)

Phone

+98 21 2209 1547

Email address

f.p.hosseini@gmail.com

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2020-08-15, 1399/05/25

Expected recruitment end date

2020-09-05, 1399/06/15

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effect of eight weeks aerobic training and omega3 ingestion on the levels of IL-1 β and MCP-1 in overweight and obese women

Public title

The effect of eight weeks aerobic training and omega3 ingestion on the levels of IL-1 β and MCP-1 in overweight and obese women

Purpose

Prevention

Inclusion/Exclusion criteria**Inclusion criteria:**

overweight and obese Age range 25-40 years

Exclusion criteria:

Subjects did not participate in regular exercise during the past year No type 2 diabetes No other chronic diseases such as cancer No history of cardiovascular disease No physical or medical restrictions for participating in sports exercises

Age

From **25 years** old to **40 years** old

Gender

Female

Phase

N/A

Groups that have been masked

- Participant
- Care provider
- Investigator
- Outcome assessor
- Data analyser

Sample size

Target sample size: **40**

Randomization (investigator's opinion)

Randomized

Randomization description

Simple randomization is performed. Once the participants were identified, their names were randomly written into a list, identifying each person with a number. Then, using the random number table method, we randomly selected a number by moving the mouse. From that number to the tenth number were located in the placebo group, the eleventh to the twentieth in the supplement group, the twenty-first to the thirtieth in the aerobic exercise group and the remaining ten people in the supplement and aerobic exercise group.

Blinding (investigator's opinion)

Double blinded

Blinding description

Participants are blind to being in the intervention or control group. The researcher is also blind to the participants being in the supplement or placebo group

Placebo

Used

Assignment

Parallel

Other design features**Secondary Ids**

empty

Ethics committees**1****Ethics committee****Name of ethics committee**

Ethics committee of Islamic Azad University Science and Research Branch

Street address

Science and Research Branch, Daneshgah Blvd, Daneshgah Sq., Simon Bulivar Blvd

City

Tehran

Province

Tehran

Postal code

1477893855

Approval date

2020-11-18, 1399/08/28

Ethics committee reference number

IR.IAU.SRB.REC.1399.089

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

Overweight

ICD-10 code

E66.3

ICD-10 code description

Overweight

2**Description of health condition studied**

Obesity

ICD-10 code

E66.9

ICD-10 code description

Obesity, unspecified

Primary outcomes**1****Description**

Serum IL-1B and MCP-1 levels

Timepoint

Before the intervention, after the intervention

Method of measurement

Measurement of serum levels in participants' blood samples

Secondary outcomes

empty

Intervention groups

1

Description

First intervention group: Aerobic Exercise For eight weeks and three sessions per week, Exercise intensity is 50-55% in the first two weeks, 55-60% in the second two weeks, 60-65% in the third two weeks, and 65-70% in the fourth two weeks. The duration of each exercise session is about 25 minutes. 10 minutes of warm-up and eight minutes of cooling are performed before and after each exercise session, respectively.

Category

Prevention

2

Description

2nd intervention group: omega-3 supplement, 2000 mg daily, taken in two capsules of 1000 mg in the morning and evening (with or after breakfast and dinner). Omega 3 purchased from Karen Company.

Category

Prevention

3

Description

3rd intervention group: Aerobic exercise and omega 3 supplement. Aerobic Exercise For eight weeks and three sessions per week, Exercise intensity is 50-55% in the first two weeks, 55-60% in the second two weeks, 60-65% in the third two weeks, and 65-70% in the fourth two weeks. The duration of each exercise session is about 25 minutes. 10 minutes of warm-up and eight minutes of cooling are performed before and after each exercise session, respectively. And 2000 mg daily omega 3 supplement, taken in two capsules of 1000 mg in the morning and evening (with or after breakfast and dinner). Omega 3 purchased from Karen Company.

Category

Prevention

4

Description

Control group: placebo, 2000 mg daily, in the form of two 1000 mg capsules in the morning and evening (with or after breakfast and dinner) oral paraffin.

Category

Placebo

Recruitment centers

1

Recruitment center

Name of recruitment center

Islamic Azad University Science and Research Branch

Full name of responsible person

Mandana GHolami

Street address

Science and Research Branch, Daneshgah Blvd,
Daneshgah Sq., Simon Bulivar Blvd

City

Tehran

Province

Tehran

Postal code

1477893855

Phone

+98 21 4486 5154

Email

gholami_man@yahoo.com

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Islamic Azad University

Full name of responsible person

Mandana Gholami

Street address

Science and Research Branch, Daneshgah Blvd,
Daneshgah Sq., Simon Bulivar Blvd

City

Tehran

Province

Tehran

Postal code

1477893855

Phone

+98 21 4486 5154

Email

gholami_man@yahoo.com

Grant name

Grant code / Reference number

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

Yes

Title of funding source

Islamic Azad University

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

2

Sponsor

Name of organization / entity

Islamic Azad University

Full name of responsible person

Mandana Gholami

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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

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

Seyyede Fatemeh Abdollah Pouri Hosseini

Position

M. S. student

Latest degree

Bachelor

Other areas of specialty/work

Nutrition

Street address

Science and Research Branch, Daneshgah Blvd,
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City

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Province

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1477893855

Phone

+98 21 4486 5154

Email

f.p.hosseini@gmail.com

Person responsible for scientific**inquiries****Contact****Name of organization / entity**

Islamic Azad University

Full name of responsible person

Mandana Gholami

Position

Associate professor

Latest degree

Ph.D.

Other areas of specialty/work

Physiology

Street address

Science and Research Branch, Daneshgah Blvd,
Daneshgah Sq., Simon Bulivar Blvd

City

Tehran

Province

Tehran

Postal code

1477893855

Phone

+98 21 4486 5154

Email

gholami_man@yahoo.com

Person responsible for updating data**Contact****Name of organization / entity**

Islamic Azad University

Full name of responsible person

Seyyede Fatemeh Abdollah Pouri Hosseini

Position

M. S. student

Latest degree

Bachelor

Other areas of specialty/work

Nutrition

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Email

f.p.hosseini@gmail.com

Sharing plan**Deidentified Individual Participant Data Set (IPD)**

Yes - There is a plan to make this available

Study Protocol

Yes - There is a plan to make this available

Statistical Analysis Plan

Yes - There is a plan to make this available

Informed Consent Form

Yes - There is a plan to make this available

Clinical Study Report

Yes - There is 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

Title and more details about the data/document

The effect of eight weeks aerobic training and omega3 ingestion on the levels of IL-1 β and MCP-1 in overweight and obese women

When the data will become available and for how long

Access period starts 6 months after the results are

published

To whom data/document is available

Researchers working in scientific and academic institutions

Under which criteria data/document could be used

It can be used for other research projects

From where data/document is obtainable

Fatemeh Abdollah Pouri Hoseini E-mail address: f.p.hosseini@gmail.com

What processes are involved for a request to access data/document

Send a summary of the research project The relationship between the research project and the research should be announced

Comments