

Clinical Trial Protocol

Iranian Registry of Clinical Trials

18 Sep 2026

Effect of Aerobic training with resvin supplement on inflammatory markers and insulin resistance in women with type 2 diabetes mellitus

Protocol summary

Study aim

Effect of Aerobic training with resvin supplement on inflammatory markers and insulin resistance in women with type 2 diabetes mellitus

Design

pre-test and post-test design and controlled with a control group

Settings and conduct

24 women with type 2 diabetes in one of the diabetes centers of Isfahan are selected by available sampling method. Then they are divided into three groups, experimental group one (resin supplementation) and experimental group two (supplementation with aerobic exercise). Duration of 6 weeks and 3 training sessions per week. Each session is stored for 40-60 minutes with an intensity of 65-45% of the heart rate by running on a treadmill. Subjects in experimental groups one and experimental two receive 400 mg of resin supplementation for 42 days.

Participants/Inclusion and exclusion criteria

Having type 2 diabetes Age between 60 -45 years
Fasting blood sugar between 250-150 mg per deciliter No diseases associated with type 2 diabetes History of cardiovascular disease High blood pressure
Complications of diabetes such as diabetic foot ulcers
Have a regular exercise program in the last 3 months

Intervention groups

control group : Pre-test -- post-test Experimental group 1 : pre-test supplementation - post-test Experimental group 2 : pre-test aerobic exercise supplementation aerobic exercise

Main outcome variables

Effect of Aerobic training with resvin supplement on inflammatory markers and insulin resistance in women with type 2 diabetes mellitus

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20191203045588N1**

Registration date: **2020-09-23, 1399/07/02**

Registration timing: **registered_while_recruiting**

Last update: **2020-09-23, 1399/07/02**

Update count: **0**

Registration date

2020-09-23, 1399/07/02

Registrant information

Name

Ensieh Yazdkhasti

Name of organization / entity

The University of Mohaghegh Ardabili

Country

Iran (Islamic Republic of)

Phone

+98 44 3251 8396

Email address

yazdkhasti.e@uma.ac.ir

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2020-09-22, 1399/07/01

Expected recruitment end date

2020-11-19, 1399/08/29

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Effect of Aerobic training with resvin supplement on inflammatory markers and insulin resistance in women

with type 2 diabetes mellitus

Public title

Effect of Aerobic training with resvin supplement on type 2 diabetes mellitus

Purpose

Prevention

Inclusion/Exclusion criteria

Inclusion criteria:

Having type 2 diabetes Age between 60 -45 years

Fasting blood sugar between 250-150 mg per deciliter No diseases associated with type 2 diabetes

Exclusion criteria:

History of cardiovascular disease High blood pressure

Complications of diabetes such as diabetic foot ulcers

Have a regular exercise program in the last 3 months

Age

From **45 years** old to **60 years** old

Gender

Female

Phase

3

Groups that have been masked

No information

Sample size

Target sample size: **30**

Randomization (investigator's opinion)

Not 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

Ethics committee of arak university of Medical Sciences

Street address

Arak, arak university of Medical Sciences

City

Arak

Province

Markazi

Postal code

3848176341

Approval date

2013-05-03, 1392/02/13

Ethics committee reference number

IR.ARAKMU.REC.1392.147.1

Health conditions studied

1

Description of health condition studied

دیابت نوع 2

ICD-10 code

ICD-10 code description

دیابت نوع 2

Primary outcomes

1

Description

Reactive protein c

Timepoint

Before intervention and after 6 weeks of intervention

Method of measurement

blood test

2

Description

Insulin

Timepoint

Before intervention and after 6 weeks of intervention

Method of measurement

blood test

3

Description

Interlukin 6

Timepoint

Before intervention and after 6 weeks of intervention

Method of measurement

blood test

Secondary outcomes

empty

Intervention groups

1

Description

Aerobic exercise group with supplementation (8 people), for 6 weeks, 3 sessions per week and each session with a duration of 10 - 5 minutes warm-up, 40-50 minutes of walking with an intensity of 65-45% of heart rate , walking on a treadmill and cool for 5-10 minutes

Category

Other

2

Description

Intervention group: The supplement group (8 people) consumed one 0.04 gram resveratrol capsule (named Resvin, manufactured by Geymonat, Italy) for 6 weeks.

Category

Other

3**Description**

Control group: No supplements and exercises (8 people)

Category

Other

Recruitment centers**1****Recruitment center****Name of recruitment center**

Isfahan Diabetes Charity

Full name of responsible person

Ali Abtahi

Street address

Ave ahmadabad

City

Isfahan

Province

Isfahan

Postal code

9333333333

Phone

+98 31 3223 9330

Email

Diabetsngo@yahoo.com

Sponsors / Funding sources**1****Sponsor****Name of organization / entity**

The university of Arak

Full name of responsible person

Hooshang Yazdani

Street address

SHariaati

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araku@araku.ac.ir

Grant name**Grant code / Reference number****Is the source of funding the same sponsor organization/entity?**

Yes

Title of funding source

The university of Arak

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**

The University of Mohaghegh Ardabili

Full name of responsible person

Ensieh Yazdkhasti

Position

Student

Latest degree

Master

Other areas of specialty/work

Physiology sport

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Daneshgah Ave, Ardabil

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

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Full name of responsible person

Ensieh Yazdkhasti

Position

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

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Province

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Postal code

933333333

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

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

Undecided - It is not yet known if there will be 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