

Clinical Trial Protocol

Iranian Registry of Clinical Trials

30 Oct 2026

Effect of a mini trampoline training program on lipid profile and anthropometric indices in 12-15 years old overweight girls

Protocol summary

Study aim

The purpose of this study is to investigate the effect of eight weeks mini-trampoline exercises on lipid profile and anthropometric indexes in 12-15 years old girls.

Design

Pretest-posttest randomized-groups design

Settings and conduct

This study will be performed in Kermanshah city. The participants will be randomly assigned into two groups of mini-trampoline and control.

Participants/Inclusion and exclusion criteria

Twelve to fifteen years old girls with overweight and without any acute or chronic disease

Intervention groups

Mini-trampoline training

Main outcome variables

lipid profile; anthropometric indices

Iran (Islamic Republic of)

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+98 83 3427 9265

Email address

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Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2021-04-04, 1400/01/15

Expected recruitment end date

2021-04-19, 1400/01/30

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20170326033146N3**

Registration date: **2021-02-13, 1399/11/25**

Registration timing: **prospective**

Last update: **2021-02-13, 1399/11/25**

Update count: **0**

Registration date

2021-02-13, 1399/11/25

Registrant information

Name

Vahid Tadibi

Name of organization / entity

Razi University

Country

Scientific title

Effect of a mini trampoline training program on lipid profile and anthropometric indices in 12-15 years old overweight girls

Public title

Effect of mini trampoline on lipid profile

Purpose

Prevention

Inclusion/Exclusion criteria

Inclusion criteria:

Overweight based on the BMI for different ages as following: 12-12.5 years old: 21.68 - 26.66 ; 12.5-13 years old: 22.14 - 27.23 ; 13-13.5 years old: 22.58 - 27.75 ; 13.5-14 years old: 22.98 - 28.19 ; 14-14.5 years old: 23.34 - 27.56 ; 14.5-15 years old: 23.66 - 28.86
12-15 years old Without exercise training experience during 6 months before the study

Exclusion criteria:

Any acute or chronic disease

Age

From **12 years** old to **15 years** old

Gender

Female

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **24**

Randomization (investigator's opinion)

Randomized

Randomization description

Permuted block randomization; allocating of subjects will be performed using permuted block randomization with six blocks of four (two for experimental and two for the control group in each block) until reaching two equal groups of 12 in each.

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 Kermanshah Razi University

Street address

Tagh-e-Bostan, University St.

City

Kermanshah

Province

Kermanshah

Postal code

۶۷۱۴۴۱۴۹۷۱

Approval date

2021-01-27, 1399/11/08

Ethics committee reference number

IR.RAZI.REC.1399.060

Health conditions studied

1

Description of health condition studied

Overweight

ICD-10 code

E66.3

ICD-10 code description

Overweight

Primary outcomes

1

Description

Lipid profile

Timepoint

Before and after the intervention

Method of measurement

Blood sampling

Secondary outcomes

empty

Intervention groups

1

Description

Intervention group: Mini-trampoline exercises will be performed for eight weeks, three non-consecutive days a week. The place of training will be Andisheh Cultural and Sports Complex (Kermanshah city). To prevent possible injuries during exercise, the safety rules recommended by the American Academy of Pediatric will be followed. For exercises, hexagonal mini-trampolines with dimensions of 130 cm and six legs with a length of 30 cm with a weight bearing of up to 130 kg will be used.

Category

Prevention

2

Description

Control group: No intervention will be performed

Category

N/A

Recruitment centers

1

Recruitment center

Name of recruitment center

Razi university

Full name of responsible person

Mona Amiri Paryan

Street address

No. 38, Ravanbakhsh Ave., Mosadegh Sq.

City

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Province

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Razi University

Full name of responsible person

Farzad Veisi

Street address

Deputy of Research and Technology, Razi University,
University St., Tagh-e-Bostan,

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<https://are.razi.ac.ir/%D8%B5%D9%81%D8%AD%D9%87-1>

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

Yes

Title of funding source

Razi 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**

Razi University

Full name of responsible person

Vahid Tadibi

Position

Associate professor

Latest degree

Ph.D.

Other areas of specialty/work

Physiology

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Person responsible for scientific inquiries

Contact**Name of organization / entity**

Razi University

Full name of responsible person

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Person responsible for updating data

Contact**Name of organization / entity**

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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

Yes - There is a plan to make this available

Statistical Analysis Plan

Yes - There is 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

Not applicable

Analytic Code

Not applicable

Data Dictionary

Not applicable

Title and more details about the data/document

All Data

When the data will become available and for how long

assess ability immediately after publication of the results

To whom data/document is available

Researchers

Under which criteria data/document could be used

For meta analysis

From where data/document is obtainable

Vahid Tadibi vtadibi@yahoo.com

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

Maximum, one month after the request

Comments