Clinical Trial Protocol
Iranian Registry of Clinical Trials

01 Nov 2026

Assessment of the aerobic exercise effects on the bipolar patients cognitional function

Protocol summary

Study aim
Determining the effect of aerobic exercise on cognitive function in patients with bipolar disorder
Design
This study is a clinical trial without control group that is not blinded and will be performed on 20 male patients with bipolar disorder in Parham Psychiatric Care Center.
Settings and conduct
This study will be performed at Parham Psychiatric Care Center.Twenty men with bipolar disorder participate in this study. At the beginning of the study, men with bipolar disorder are tested for Eckman and Stroop, and after 3 months of aerobic exercise (twice a week for 30 minutes) are retested.
Participants/Inclusion and exclusion criteria
inclusion criteria: Patients with bipolar disorder, Physical health (especially lung, heart health) - Age 20 to 60 years - Conscious satisfaction, At least 6 months stay in the center exclusion criteria: Trauma during exercise Physical problems during exercise
Intervention groups
This study is a pre- and post-intervention study and does not have a control group. Twenty men with bipolar disorder participate in this study. At the beginning of the study, men with bipolar disorder are tested for Ekman and Stroop, and after 3 months of aerobic exercise (twice a week for 30 minutes) are retested.
Main outcome variables
Emotional cognition -Social cognition -Short-term memory-Functional memory-Selective attention-Sustained attention

General information

Reason for update
Acronym
IRCT registration information
IRCT registration number: **IRCT20210418051006N1**
Registration date: **2021-05-01, 1400/02/11**
Registration timing: **registered_while_recruiting**

Last update: **2021-05-01, 1400/02/11**
Update count: **0**
Registration date
2021-05-01, 1400/02/11

Registrant information
Name
amirreza khorshidi
Name of organization / entity
Country
Iran (Islamic Republic of)
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+98 31 5554 9111
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khorshidipaji@kaums.ac.ir

Recruitment status
Recruitment complete
Funding source

Expected recruitment start date
2021-04-09, 1400/01/20
Expected recruitment end date
2021-07-11, 1400/04/20
Actual recruitment start date
empty
Actual recruitment end date
empty
Trial completion date
empty

Scientific title
Assessment of the aerobic exercise effects on the bipolar patients cognitional function

Public title
The effect of exercise on bipolar disorder
Purpose
Treatment

Inclusion/Exclusion criteria

Inclusion criteria:

patients with bipolar disorder Lack of physical disabilities and mental retardation

Exclusion criteria:

Existence of underlying diseases for which intense exercise is harmful to health. General change of patients' medication protocol

Age

From **20 years** old to **60 years** old

Gender

Male

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **20**

Randomization (investigator's opinion)

N/A

Randomization description

Blinding (investigator's opinion)

Not blinded

Blinding description

Placebo

Not used

Assignment

Single

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Ethics committee of kashan university of medical sciences

Street address

Vice Chancellor for Research, - Kashan University of Medical Sciences, 5 km Qutb Ravandi Boulevard, Kashan

City

Kashan

Province

Isfehan

Postal code

8715988141

Approval date

2021-03-10, 1399/12/20

Ethics committee reference number

IR.KAUMS.MEDNT.REC.1400.001

Health conditions studied

1

Description of health condition studied

bipolar disorder

ICD-10 code

F31

ICD-10 code description

Bipolar disorder

Primary outcomes

1

Description

Emotional cognition

Timepoint

At the beginning of the intervention and 3 months after

Method of measurement

Ekman test

2

Description

Social cognition

Timepoint

The beginning of the study and three months after

Method of measurement

Ekman test

3

Description

short term memory

Timepoint

At the beginning of the study and 3 months later

Method of measurement

Stroop test

4

Description

Functional memory

Timepoint

At the beginning of the study and 3 months later

Method of measurement

Stroop test

5

Description

Selective attention

Timepoint

At the beginning of the study and 3 months later

Method of measurement

Stroop test

6

Description

Sustained attention

Timepoint

At the beginning of the study and 3 months later

Method of measurement

Stroop test

Secondary outcomes

empty

Intervention groups

1

Description
Intervention group: Intervention group: In this study, aerobic exercise means fast and regular movements of the neck, arms, legs and back in a specific training package that is performed twice a week for 30 minutes each time by the exercise instructor and the same movements in each session.
Category
Treatment - Other

Recruitment centers

1

Recruitment center
Name of recruitment center
Parham Rehabilitation and Treatment Center
Full name of responsible person
Dr.ghoreishi
Street address
In front of Parsian Bank, the beginning of Amir Emad St, Shahid Rajaei St.
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Sponsors / Funding sources

1

Sponsor
Name of organization / entity
Kashan University of Medical Sciences
Full name of responsible person
Hamidreza banafsheh
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Grant name
Grant code / Reference number
Is the source of funding the same sponsor organization/entity?
No
Title of funding source
kashan university of medical science
Proportion provided by this source
45
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
Kashan University of Medical Sciences
Full name of responsible person
Amirreza khorshidipaji
Position
Resident
Latest degree
Medical doctor
Other areas of specialty/work
Psychiatrics
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Person responsible for scientific inquiries

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Name of organization / entity
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Position
Associate professor
Latest degree
Specialist

Other areas of specialty/work
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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
Because of moral considerations
Study Protocol
No - There is not 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
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
No - There is not a plan to make this available
Data Dictionary
No - There is not a plan to make this available