

Clinical Trial Protocol

Iranian Registry of Clinical Trials

18 Jun 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)

Phone

+98 31 5554 9111

Email address

khoshidipaji@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

Isfahan

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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Banafshe57@hotmail.com

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

Contact

Name of organization / entity

Kashan University of Medical Sciences

Full name of responsible person

Dr. fatemeh ghoreishi

Position

Associate professor

Latest degree

Specialist

Other areas of specialty/work

Psychiatrics

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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

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

Kashan University of Medical Sciences

Full name of responsible person

Amireza khorshidipaji

Position

Resident

Latest degree

Medical doctor

Other areas of specialty/work

Psychiatrics

Street address