

Clinical Trial Protocol

Iranian Registry of Clinical Trials

18 Sep 2026

The Effect of Endurance Training along with cur Cumin Supplementation on the levels of Lipocalin-2 and Lipid profile in Sedentary Women.

Protocol summary

Study aim

Explaining the Effect of 12 weeks of Endurance training with Cur cumin Supplementation on Lipocalin_2 levels and lipid profile in Inactive Women.

Design

First in several public places, parks, streets, offices and. The city of Tehran was informed and through the distribution of leaflets and tracts, eligible people were called 44 people were randomly selected to participate in the Researcher Intervention.

Settings and conduct

Subjects were present in the pre-test stage to measure the variables and blood samples were taken in the pre-test stage. Also, their height and weight will be measured with scales and gauges Placebo Take the placebo and continue the normal daily life of 11 people Cur cumin supplementation Cur cumin Supplementation and Non-Aerobic Exercise 11 people Aerobic Exercise taking placebo and 12 weeks Aerobic exercise 11 people.

Participants/Inclusion and exclusion criteria

Overweight Women between the ages of 27 and 40 Lack of diseases such as type 2 diabetes, Hypertension and so on At least in recent years, Subjects have not participated in a regular Exercise Program.

Intervention groups

Cur cumin Supplementation on Lipocalin_2 levels and Lipid profile in Inactive Women in four equal groups including Placebo and Cur cumin Supplementation and aerobic Exercise and training Aerobic + Cur cumin Supplements were divided.

Main outcome variables

Community Health. Prevention of Cardiovascular disease. Type 2 diabetes.

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20220305054187N1**

Registration date: **2022-05-12, 1401/02/22**

Registration timing: **registered_while_recruiting**

Last update: **2022-05-12, 1401/02/22**

Update count: **0**

Registration date

2022-05-12, 1401/02/22

Registrant information

Name

Saeed Rezaee

Name of organization / entity

Country

Iran (Islamic Republic of)

Phone

+98 21 2308 2902

Email address

saeedrezaeesport@gmail.com

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2022-04-20, 1401/01/31

Expected recruitment end date

2022-06-21, 1401/03/31

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The Effect of Endurance Training along with cur Cumin Supplementation on the levels of Lipocalin-2 and Lipid profile in Sedentary Women.

Public title

Investigation of CurCumin on Lipocalin-2 levels and Lipid profile in Inactive Women.

Purpose

Health service research

Inclusion/Exclusion criteria

Inclusion criteria:

Inclusion criteria are Non-Participation of Subjects in regular Exercise during the past year. No infection to Type 2 diabetes No infection to other chronic diseases such as cancer, Have not history of heart disease. No physical limitations and Medical To Participate in Sports Exercises.

Exclusion criteria:

Age

From **27 years** old to **40 years** old

Gender

Female

Phase

1-2

Groups that have been masked

- Participant
- Investigator

Sample size

Target sample size: **44**

Randomization (investigator's opinion)

Randomized

Randomization description

For Randomization, we divide the Subjects into four groups: Placebo group from number 1 to 11 cur cumin Supplement group from number 12 to 22 Aerobic exercise group from number 23 to 33 and Aerobic Exercise Group and cur cumin Supplement from Number 34 to 44 that each person must select a number from the container that has been prepared for this case and Numbers 1 to 44 are already in it.

Blinding (investigator's opinion)

Double blinded

Blinding description

Supplements and Placebo are in the hands of a third party. The Researcher and the Subject did not know about the pills taken so that the Researcher did not have a bias towards the Exercise Group.

Placebo

Used

Assignment

Parallel

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Ethics committee Headquarters of the Ministry of Health.

Street address

North Seol, vanak, tehran, Ministry of Sport and Youth

City

Tehran

Province

Tehran

Postal code

1995613711

Approval date

2022-02-26, 1400/12/07

Ethics committee reference number

IR.IAU.SRB.REC.1400.297

Health conditions studied

1

Description of health condition studied

The Effect of Endurance training with Cur cumin Supplementation on Lipocalin_2 levels and lipid profile In inactive women.

ICD-10 code

ICD-10 code description

Primary outcomes

1

Description

The blood samples are immediately poured into a Falcon tube and then centrifuged at 3,000 rpm for 15 minutes to separate the serum. Serum samples were also stored in the freezer until blood variables were measured. Measurements of lipocalin_2 and cholesterol, triglyceride levels are performed using Pars Company kit.

Timepoint

Blood sampling training week at the beginning and end of 12 weeks.

Method of measurement

Blood sampling

Secondary outcomes

empty

Intervention groups

1

Description

Curcumin Supplement Group.

Category

Lifestyle

2

Description

Aerobic Exercise Group.

Category

Lifestyle

3

Description

Intervention Group: Aerobic Exercise and cur Cumin Supplement.

Category

Lifestyle

4

Description

Control Group: Pharmacologica Group.

Category

Lifestyle

Recruitment centers

1

Recruitment center

Name of recruitment center

Parks and Streets of Tehran.

Full name of responsible person

SAEED REZAAEE

Street address

North Seol, Vanak, Tehran, Ministry of Sport and Youth

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Islamic Azad University

Full name of responsible person

SAEED REZAAEE

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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

SAEED REZAAEE

Proportion provided by this source

100

Public or private sector

Private

Domestic or foreign origin

Domestic

Category of foreign source of funding

empty

Country of origin

Type of organization providing the funding

Other

Person responsible for general inquiries

Contact

Name of organization / entity

Islamic Azad University

Full name of responsible person

Saeed Rezaee

Position

Employee of Ministry of Sport an Youth

Latest degree

Master

Other areas of specialty/work

Anatomy

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Person responsible for scientific inquiries

Contact

Name of organization / entity

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Full name of responsible person

SAEED REZAAEE

Position

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Latest degree

Bachelor

Other areas of specialty/work

Health Promotion

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Person responsible for updating data

Contact

Name of organization / entity
Islamic Azad University
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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

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

Yes - There is a plan to make this available

Analytic Code

Not applicable

Data Dictionary

Not applicable

Title and more details about the data/document

Explain the Effect of 12 weeks of endurance training with Curcumin Supplementation on lipocalin_2 levels and lipid profile Inactive in women. Information about the main outcome can be shared.

When the data will become available and for how long

6 Month later after publishing result

To whom data/document is available

Every one

Under which criteria data/document could be used

For study

From where data/document is obtainable

SAEED REZAEI

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

Through by email

Comments