

Clinical Trial Protocol

Iranian Registry of Clinical Trials

05 Sep 2026

The Effect of Eight Weeks Aerobic Training with Vitamin D Supplementation on Cardiac Biomarkers, VEGF-B Protein Levels, IGF-1 and Mir-1 Gene Expression in Cardiomyocytes of Type 2 Diabetic Rats.

Protocol summary

Study aim

This study aims to determine the effect of eight weeks of aerobic training with vitamin D supplementation on cardiac biomarkers, VEGF-B protein levels, and IGF-1 and Mir-1 gene expression in cardiomyocytes of type 2 diabetic rats.

Design

A randomized clinical trial with pre and post-test design, including six experimental, two control, and one sham group on 90 types 2 diabetic rats. The random number table method was used for randomization.

Settings and conduct

To determine the effect of eight weeks of aerobic training with vitamin D supplementation on cardiomyocytes of type 2 diabetic rats, this study will be done in the biology laboratory of Basic Sciences College of Razi University, under the supervision of Physical Education and Sports Science College of Razi University. In summary, after a one-week-familiarization, the main protocol (including vitamin D injection one time per week and aerobic training five times per week) will be done for eight weeks.

Participants/Inclusion and exclusion criteria

Inclusion criteria: Age between 2 to 3 months old; to have a minimum of 300 grams of weight; to have type 2 diabetes mellitus in diabetic groups; not to have type 2 diabetes mellitus in non-diabetic obese groups; male sex. Exclusion criteria: movement disabilities.

Intervention groups

1- Aerobic training group (type 2 diabetic models); 2- Aerobic training with vitamin D supplementation group (type 2 diabetic models); 3- Vitamin D supplementation group (type 2 diabetic models); 4- Aerobic training group (non-diabetic obese models); 5- Aerobic training with vitamin D supplementation group (non-diabetic obese models); 6- Vitamin D supplementation group (non-diabetic obese models); 7- Control group (type 2 diabetic

models); 8-Control group (non-diabetic obese models); 9- Sham group.

Main outcome variables

Cardiac biomarkers; VEGF-B protein; IGF-1 and Mir-1 genes.

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20220512054832N1**

Registration date: **2022-06-09, 1401/03/19**

Registration timing: **prospective**

Last update: **2022-06-09, 1401/03/19**

Update count: **0**

Registration date

2022-06-09, 1401/03/19

Registrant information

Name

Fatemeh Mazaheri

Name of organization / entity

Razi University of Kermanshah

Country

Iran (Islamic Republic of)

Phone

+98 83 3429 7186

Email address

fatemehmazaheri377@gmail.com

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2022-07-21, 1401/04/30

Expected recruitment end date

2022-08-06, 1401/05/15

Actual recruitment start date
empty

Actual recruitment end date
empty

Trial completion date
empty

Scientific title
The Effect of Eight Weeks Aerobic Training with Vitamin D Supplementation on Cardiac Biomarkers, VEGF-B Protein Levels, IGF-1 and Mir-1 Gene Expression in Cardiomyocytes of Type 2 Diabetic Rats.

Public title
The Effect of Aerobic Training with Vitamin D Supplementation on Cardiomyocytes Gene Expression of Type 2 Diabetic Rats.

Purpose
Basic science

Inclusion/Exclusion criteria
Inclusion criteria:
Age between 2 to 3 months old To have a minimum of 300 gram of weight To have type 2 diabetes in diabetic groups No to have type 2 diabetes in non-diabetic obese groups Male sex
Exclusion criteria:
Movement disabilities

Age
From **2 months** old to **3 months** old

Gender
Male

Phase
N/A

Groups that have been masked
No information

Sample size
Target sample size: **90**

Randomization (investigator's opinion)
Randomized

Randomization description
Random number tables were used for randomization. For this purpose, every 90 rats got a specific number from 1 to 90. Then, using the RAND function of Excel software (Microsoft Corporation, 2019 version), the random number table was produced. Randomly, with closed eyes, one of the excel worksheet cells was clicked on; that number was considered the origin. Because 90 (subjects quantity) is a two-digit number, the first two digits of the numbers listed on the table were read. In case of being in the range of 1 to 90, that number was allocated to the related group. About the group order that is presented in the intervention groups part, the first 10 numbers were allocated to the first group (Aerobic training, type 2 diabetic models). The members of other groups were chosen in this way, too; that is, the second 10 numbers were allocated to the second group, the third 10 numbers to the third group, and so on.

Blinding (investigator's opinion)
Not blinded

Blinding description
Placebo

Not used

Assignment
Other

Other design features
In this study, there are three training, supplementation, and training with supplementation groups in diabetic models; three training, supplementation, and training with supplementation groups in non-diabetic obese models; a diabetic group that receives a placebo; a non-diabetic obese group that receives a placebo; and a sham group.

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Research ethics committee of Razi University of Kermanshah

Street address

Razi University, Daneshgah Blvd, Taq-e Bostan Ave

City

Kermanshah

Province

Kermanshah

Postal code

6714414971

Approval date

2022-04-20, 1401/01/31

Ethics committee reference number

IR.RAZI.REC.1401.011

Health conditions studied

1

Description of health condition studied

type 2 diabetes

ICD-10 code

ICD-10 code description

Type 2 diabetes mellitus

Primary outcomes

1

Description

Cardiac biomarkers

Timepoint

Before & after the intervention.

Method of measurement

Elisa kit (Elabscience Company) with a sensitivity of 18,75 Pg/mL.

2

Description

Vascular Endothelial Growth Factor B

Timepoint

Before & after the intervention.

Method of measurement

Elisa kit (BT-LAB Company) with a sensitivity of 5.01 ng/L.

3

Description

microRNA 1

Timepoint

Before & after intervention.

Method of measurement

Polymerase chain reaction (PCR) method using The Corbett Research Rotor-Gene 6000 (QIAGEN company) and The miScript SYBR Green PCR Kit (QIAGEN company) with a sensitivity of 1.55 ng/ml.

4

Description

Insulin-like growth factor 1

Timepoint

Before & after the intervention.

Method of measurement

Polymerase chain reaction (PCR) method using The Corbett Research Rotor-Gene 6000 (QIAGEN company) and The Transcriptor First Strand cDNA Synthesis Kit (Roche company) with a sensitivity of 1.55 ng/ml.

Secondary outcomes

1

Description

Lipid profile

Timepoint

Before & after the intervention.

Method of measurement

Photometry method using Pars Azmoun company kits. The sensitivity of serum level assay kit for LDL Cholesterol, HDL Cholesterol, Triglyceride, and Glucose equals 12.098 mg/dL, 22.714 mg/dL, 35.087 mg/dL, and 25.497 mg/dL, respectively.

Intervention groups

1

Description

Intervention group one (Aerobic training, type 2 diabetic models): Aerobic training for eight weeks (50-60% of maximum oxygen consumption for 25-60 minutes, five times per week).

Category

Treatment - Other

2

Description

Intervention group two (Aerobic training with vitamin D

supplementation, type 2 diabetic models): Aerobic training for eight weeks (50-60% of maximum oxygen consumption for 25-60 minutes, five times per week); Receiving vitamin D for eight weeks (5000 IU per week).

Category

Treatment - Other

3

Description

Intervention group three (Vitamin D supplementation, type 2 diabetic models): Receiving vitamin D for eight weeks (5000 IU per week).

Category

Treatment - Other

4

Description

Intervention group four (Aerobic training, non-diabetic obese models): Aerobic training for eight weeks (50-60% of maximum oxygen consumption for 25-60 minutes, five times per week).

Category

Treatment - Other

5

Description

Intervention group five (Aerobic training with vitamin D supplementation, non-diabetic obese models): Aerobic training for eight weeks (50-60% of maximum oxygen consumption for 25-60 minutes, five times per week); Receiving vitamin D for eight weeks (5000 IU per week).

Category

Treatment - Other

6

Description

Intervention group six (Vitamin D supplementation, non-diabetic obese models): Receiving vitamin D for eight weeks (5000 IU per week).

Category

Treatment - Other

7

Description

Control group one (type 2 diabetic models): Receiving placebo without aerobic training for eight weeks.

Category

Placebo

8

Description

Control group two (non-diabetic obese models): Receiving placebo without aerobic training for eight weeks.

Category

Placebo

9

Description

Sham group: The subjects of this group are just placed on the treadmill and do not do aerobic training.

Category

Other

Recruitment centers

1

Recruitment center

Name of recruitment center

College of Pharmacy of Kermanshah University of Medical Sciences

Full name of responsible person

Zeynab Nadri

Street address

College of Pharmacy, Parastar Blvd, Daneshgah Ave, Shahid Shiroudi Blvd

City

Kermanshah

Province

Kermanshah

Postal code

6714415153

Phone

+98 83 1427 6484

Fax

+98 83 1427 6493

Email

fac_pharmacy@kums.ac.ir

Web page address

<https://pharmacy-school.kums.ac.ir/>

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Razi University of Kermanshah

Full name of responsible person

Rastegar Hosseini

Street address

No. 9, Razi University, Daneshgah Blvd, Taq-e Bostan Ave

City

kermanshah

Province

Kermanshah

Postal code

6714414971

Phone

+98 83 3423 3278

Fax

+98 83 3427 7605

Email

rastegar.hoseini@gmail.com

Web page address

<https://razi.ac.ir/>

Grant name

Grant code / Reference number

Is the source of funding the same sponsor organization/entity?

Yes

Title of funding source

Razi University of Kermanshah

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 of Kermanshah

Full name of responsible person

Rastegar Hosseini

Position

Assistant professor

Latest degree

Ph.D.

Other areas of specialty/work

Exercise physiology

Street address

Physical Education and Sports Science College, Razi University, Razi Blvd, Taq-e Bostan Ave

City

kermanshah

Province

Kermanshah

Postal code

6714414971

Phone

+98 83 3427 7605

Fax

+98 83 3427 7605

Email

rastegar.hoseini@gmail.com

Web page address

<https://phe.razi.ac.ir/>

Person responsible for scientific inquiries

Contact

Name of organization / entity

Razi University of Kermanshah

Full name of responsible person

Rastegar Hosseini

Position

Assistant professor

Latest degree

Ph.D.

Other areas of specialty/work

Exercise physiology

Street address

Physical Education and Sports Science College, Razi University, Razi Blvd, Taq-e Bostan Ave

City

Kermanshah

Province

Kermanshah

Postal code

6714414971

Phone

+98 83 3422 7605

Fax

+98 83 3422 7605

Email

rastegar.hoseini@gmail.com

Web page address

<https://phe.razi.ac.ir/>

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

Razi University of Kermanshah

Full name of responsible person

Fatemeh Mazaheri

Position

Graduate student

Latest degree

Bachelor

Other areas of specialty/work

Clinical exercise physiology

Street address

Physical Education and Sports Science College, Razi University, Razi Blvd, Taq-e Bostan Ave

City

Kermanshah

Province

Kermanshah

Postal code

6715734482

Phone

+98 83 3422 2727

Fax

+98 83 3422 2727

Email

fatemehmazaheri377@gmail.com

Web page address

<https://phe.razi.ac.ir/>

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

Yes - There is 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

All the data are presentable.

When the data will become available and for how long

The data can be accessed 9 months after their publication.

To whom data/document is available

Only researchers of academic and scientific institutes can access the data.

Under which criteria data/document could be used

Considering the author's rights, all the data can be utilized.

From where data/document is obtainable

- 1- Dr. Rastegar Hosseini (rastegar.hoseini@gmail.com).
- 2- Fatemeh Mazaheri (fatemehmazaheri377@gmail.com).

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

At first, one will send their request via email. After revision and in case of expediency, in 3-10 working days, the related information will be presented to them.

Comments