Clinical Trial Protocol
Iranian Registry of Clinical Trials

22 Nov 2026

Effect of tele-rehabilitation on physical fitness and quality of life in overweight and obese individuals

Protocol summary

Study aim
To evaluate the effects of exercise through telerehabilitation on overweight and obese individual on physical fitness.

Design
Single group, single-blind Quasi-experimental study, six weeks from 17 August 2022 to 28 September 2022, 44 participants.

Settings and conduct
Obese and overweight population of Gujranwala_ assessor and participant both are blinded.

Participants/Inclusion and exclusion criteria
To evaluate the effects of exercise through telerehabilitation on overweight and obese individual on quality of life.

Intervention groups
44 participants before the training, Warm-up exercises, trunk stabilization exercises, and breathing exercises were used as part of the exercise training applied to the telerehabilitation group with remote live connection for 6 weeks, 3 days per week, an average of 45 min. Individuals' physical fitness levels were evaluated using the Senior Fitness Test protocol, and their quality of life was evaluated using the Short Form-36.

Main outcome variables
Quality of life; physical fitness

General information

Reason for update

Acronym

IRCT registration information
IRCT registration number: **IRCT20210705051796N2**
Registration date: **2022-12-09, 1401/09/18**
Registration timing: **retrospective**

Last update: **2022-12-09, 1401/09/18**
Update count: **0**

Registration date
2022-12-09, 1401/09/18

Registrant information
Name
NAYAB JOHN
Name of organization / entity
UNIVERSITY OF LAHORE
Country
Pakistan
Phone
+92 53 3705255
Email address
drnayab73@gmail.com

Recruitment status
Recruitment complete

Funding source

Expected recruitment start date
2022-08-17, 1401/05/26

Expected recruitment end date
2022-08-28, 1401/06/06

Actual recruitment start date
empty

Actual recruitment end date
empty

Trial completion date
empty

Scientific title
Effect of tele-rehabilitation on physical fitness and quality of life in overweight and obese individuals

Public title
Effect of tele-rehabilitation on physical fitness and quality of life in overweight and obese individuals

Purpose
Health service research

Inclusion/Exclusion criteria
Inclusion criteria:
BMI>25kgm2 Age 18-45year Male/Female

Exclusion criteria:
People with undergone surgery in the last 6 months Pregnant female Individual reported with cognitive neuromuscular, muscloskeletal, chronic systemic diseases that may prevent excersie

Age
From **18 years** old to **45 years** old

Gender
Both

Phase
N/A

Groups that have been masked

- Data analyser

Sample size
Target sample size: **44**

Randomization (investigator's opinion)
N/A

Randomization description

Blinding (investigator's opinion)
Single blinded

Blinding description
Data analyser was blinded because the data send to analyser was random , name of participants was not mentioned

Placebo
Not used

Assignment
Parallel

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee
Ethical committee of University of Lahore

Street address
Street 4, Aziz colony Sialkot road, Gujranwala.

City
Gujrawala

Postal code
50250

Approval date
2022-08-16, 1401/05/25

Ethics committee reference number
Reg/GRT/22/AHS-91

2

Ethics committee

Name of ethics committee
Ethics committee of university of lahore

Street address
Chenab Gujrat

City
Gujrat

Postal code
50700

Approval date
2022-08-16, 1401/05/25

Ethics committee reference number
REG/GRT/22/AHS-91

Health conditions studied

1

Description of health condition studied
obese and overweight

ICD-10 code
E66

ICD-10 code description
Overweight and obesity

Primary outcomes

1

Description
Improve quality of life

Timepoint
Before intervention and after intervention - 2 times

Method of measurement
Quality of life sf-36 questionnaire

Secondary outcomes

1

Description
Physical fitness

Timepoint
before intervention and after intervention - 2 times

Method of measurement
Senior fitness test

Intervention groups

1

Description
Intervention group: Body stabilization-based mat exercises and breathing exercises made up our exercise program . Before and after our exercise training, 5-minute warm-up and cool-down activities. duration will be 3 days per week and total 6 weeks

Category
Rehabilitation

Recruitment centers

1

Recruitment center

Name of recruitment center
General obese population

Full name of responsible person

Nayab john

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Street 4, Aziz colony sialkot road , Gujranwala

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Recruitment center

Name of recruitment center
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Full name of responsible person
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Sponsors / Funding sources

1

Sponsor

Name of organization / entity
university of lahore

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Nayab

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Grant name

Grant code / Reference number

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

Title of funding source
university of lahore

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
Academic

Person responsible for general inquiries

Contact

Name of organization / entity
University of lahore

Full name of responsible person
Nayab john

Position
lecturer

Latest degree
Master

Other areas of specialty/work
Physiotherapy

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Person responsible for scientific inquiries

Contact

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Physiotherapy

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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)
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
Yes - There is a plan to make this available
Clinical Study Report
Yes - There is a plan to make this available
Analytic Code
Yes - There is a plan to make this available
Data Dictionary
Yes - There is a plan to make this available
Title and more details about the data/document
Effect of telerehabilitation on physical fitness and quality of life in overweight and obese individuals
When the data will become available and for how long
right after publication
To whom data/document is available
All academic or working institutions
Under which criteria data/document could be used
for rehabilitation and to improve quality of life and physical fitness
From where data/document is obtainable
General obese population
What processes are involved for a request to access data/document
Data will be entered and analyzed through a statistical software, Statistical Package for Social Science (SPSS) version 24, IBM Corp. Released 2016.
Comments