

Clinical Trial Protocol

Iranian Registry of Clinical Trials

11 Sep 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, musculoskeletal, chronic systemic diseases that may prevent exercise

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 sent 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
 Gujranwala

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

Street address

Street 4, Aziz colony sialkot road , Gujranwala

City

Gujranwala

Postal code

52250

Phone

+92 307 6130426

Email

drnayab73@gmail.com

2

Recruitment center

Name of recruitment center

University of Lahore

Full name of responsible person

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Street, 4 Aziz colony sialkot road, Gujranwala.

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Phone

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Email

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity

university of lahore

Full name of responsible person

Nayab

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Chenab Gujrat

City

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Postal code

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+92 307 5994545

Email

drnayab73@gmail.com

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

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

Street address

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Email

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Person responsible for updating data

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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Email

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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