

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

10 Jun 2026

### Assessing the effect of aerobic exercises on cardiorespiratory and cardiometabolic fitness in post menopausal females in Multan

#### Protocol summary

Registration timing: **registered\_while\_recruiting**

##### Study aim

Exploring the effect of stress inducers aerobic exercises (stair climbing, 6MWT, step up) between BP, HR, oxygen saturation, glucose level, lipid profile, temperature, and RR estrogen and progesterone level of post-menopausal females of Multan with body mass index and cardiorespiratory and cardiometabolic health.

Last update: **2023-09-01, 1402/06/10**

Update count: **0**

##### Registration date

2023-09-01, 1402/06/10

##### Design

Randomized control trial, three parallel groups design, triple blinded study with a sample size of 45

##### Registrant information

###### Name

Perwasha Perwasha

###### Name of organization / entity

Muhammad Institute of Medical and Allied Sciences, Multan, Pakistan.

##### Settings and conduct

Shahbaz Sharif Hospital, Muhammad Rehabilitation center, Faiz hospital

###### Country

Pakistan

##### Participants/Inclusion and exclusion criteria

Including Criteria: Females; Aged 40-60 years; Postmenopausal females; Good mental and physical health; Naturally menopausal females; Negative screening mammogram. Exclusion criteria: Young females; Perimenopausal females; Any type of physical disability; Any type of major surgery; Females with osteoporosis and osteoarthritis; History of melanoma or breast cancer; Females who have any type of hormone replacement therapy.

###### Phone

+92 310 6562039

###### Email address

perwashaaseer123@gmail.com

##### Intervention groups

3 groups of intervention are included in this study. group 1 with 6 minute walk test, group 2 with stair climbing exercise and group 3 with step up exercise

##### Recruitment status

**Recruitment complete**

##### Funding source

##### Expected recruitment start date

2023-07-29, 1402/05/07

##### Expected recruitment end date

2023-09-14, 1402/06/23

##### Actual recruitment start date

empty

##### Actual recruitment end date

empty

##### Trial completion date

empty

#### General information

##### Reason for update

##### Acronym

cross sectional experimental study

##### Scientific title

Assessing the effect of aerobic exercises on cardiorespiratory and cardiometabolic fitness in post menopausal females in Multan

##### IRCT registration information

IRCT registration number: **IRCT20230718058826N3**

Registration date: **2023-09-01, 1402/06/10**

##### Public title

Assessing the effect of aerobic exercises on cardiorespiratory and cardiometabolic fitness in post menopausal females in Multan

#### **Purpose**

Health service research

#### **Inclusion/Exclusion criteria**

##### **Inclusion criteria:**

Females 40-60 post menopausal females good mental and physical health natural menopausal negative screening mammogram

##### **Exclusion criteria:**

young females perimenopausal any type of physical and mental disability, major surgery females with OP OA history of melanoma or breast cancer hormone replacement therapy patient

#### **Age**

From **40 years** old to **60 years** old

#### **Gender**

Female

#### **Phase**

N/A

#### **Groups that have been masked**

- Participant
- Investigator
- Data analyser

#### **Sample size**

Target sample size: **45**

#### **Randomization (investigator's opinion)**

Randomized

#### **Randomization description**

Allocation is done by the lottery method in which the names of the participants are written on pieces of paper and randomly chosen the paper by an individual and then people are allocated randomly to different groups without knowing which participant is added to which intervention group.

#### **Blinding (investigator's opinion)**

Triple blinded

#### **Blinding description**

in this study, triple blinding method involved in which the participants, investigator and data analyzer will be blinded. Participants randomly allocate in different intervention group and they do not know about exercise in any intervention group ,investigator randomly allocate the patient or participant and data analyzer will be independent for results.

#### **Placebo**

Not used

#### **Assignment**

Parallel

#### **Other design features**

### **Secondary Ids**

empty

### **Ethics committees**

#### 1

#### **Ethics committee**

##### **Name of ethics committee**

Ethical Committee of Muhammad Institute of Medical and Allied Sciences

##### **Street address**

HBL street near sabzazar metro station bosan road  
Multan

##### **City**

Multan

##### **Postal code**

66000

##### **Approval date**

2023-07-10, 1402/04/19

##### **Ethics committee reference number**

2023/ MIMAS/Anosha/07/19

### **Health conditions studied**

#### 1

##### **Description of health condition studied**

cardiorespiratory and cardiometabolic health in post menopausal females age 40-60

##### **ICD-10 code**

ICD-10

##### **ICD-10 code description**

post menopausal females, cardiorespiratory fitness

### **Primary outcomes**

#### 1

##### **Description**

Improve Cardiorespiratory and cardiometabollic health

##### **Timepoint**

time duration of study will be six weeks. 5 days in a week for 6 weeks

##### **Method of measurement**

BP, RR, HR, Temperature, Oxygen saturation, glucose level, cholestrol level

### **Secondary outcomes**

#### 1

##### **Description**

Quality of life

##### **Timepoint**

time duration of study will be 6 weeks. 5 days in a week for 6 weeks

##### **Method of measurement**

vo2max,cardiorespiratory parameters

### **Intervention groups**

#### 1

##### **Description**

"Intervention Group 1": with 6 Minute Walk Test (6MWT)A 30m walking pace will be decided. Subjects will be

instructed to walk from end to end, while attempting to cover as much distance as possible in the 6 minutes. The time and distance covered will be recorded. The Borg scales for dyspnea and leg fatigue, as well as heart rate were recorded before and immediately after completion of the walk test(24). BP, HR, RR, temperature and oxygen saturation will be measured before and after the exercise.

**Category**

Lifestyle

**2**

**Description**

"Intervention Group 2": with Stair climbing 3 bouts of stair climbing will be separated. In this, protocol will be included 3 daily bouts of ascending a 3-flight stairwell (10 steps) for 4 minutes gently without break. The height of step will be 35cm. This activity will be performed 5days/week for 6 weeks. BP, HR, RR, temperature and oxygen saturation will be measured before and after the exercise.

**Category**

Lifestyle

**3**

**Description**

'Intervention group 3': with Step up exercise 3 sets with 10 repetitions in each set will be performed for 6 weeks. BP, HR, RR, temperature and oxygen saturation will be measured before and after the exercise.

**Category**

Lifestyle

**Recruitment centers**

**1**

**Recruitment center**

**Name of recruitment center**

Faiz hospital

**Full name of responsible person**

Nimra Arif

**Street address**

BCG chock

**City**

Multan

**Postal code**

66000

**Phone**

+92 321 6563479

**Email**

nimraarif@gmail.com

**2**

**Recruitment center**

**Name of recruitment center**

Shahbaz Sharif hospital

**Full name of responsible person**

Ali Abbas

**Street address**

Fawara chock

**City**

Multan

**Postal code**

66000

**Phone**

+92 321 5654897

**Email**

shahbaz@gmail.com

**Web page address**

**3**

**Recruitment center**

**Name of recruitment center**

MIMAS, Multan

**Full name of responsible person**

Imran Ahmad Khan

**Street address**

HBL street near sabzazar metro station bosan road  
Multan

**City**

Multan

**Postal code**

66000

**Phone**

+92 333 6120602

**Email**

imtanahmadkhandurrani@gmail.com

**Sponsors / Funding sources**

**1**

**Sponsor**

**Name of organization / entity**

CUVAS

**Full name of responsible person**

Zahid Manzoor

**Street address**

Bahawalpur, Punjab, Pakistan

**City**

Bahawalpur

**Postal code**

63100

**Phone**

+92 312 6678543

**Email**

zahidmanzoor@cuvas.edu.pk

**Grant name**

scholarship for research

**Grant code / Reference number**

4531

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

No

**Title of funding source**

scholarship for research

**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

CUVAS

#### Full name of responsible person

Zahid Manzoor

#### Position

associate professor

#### Latest degree

Ph.D.

#### Other areas of specialty/work

Toxicology

#### Street address

bahawalpur , punjab, Pakistan

#### City

Bahawalpur

#### Province

punjab

#### Postal code

63100

#### Phone

+92 312 6678543

#### Email

zahidmanzoor@cuvas.edu.pk

## Person responsible for scientific inquiries

### Contact

#### Name of organization / entity

MIMAS

#### Full name of responsible person

Perwasha

#### Position

Assistant Professor

#### Latest degree

Ph.D.

#### Other areas of specialty/work

Health Service Management

#### Street address

HBL street near sabzazar metro station bosan road

Multan

#### City

Multan

#### Province

Punjab

#### Postal code

66000

#### Phone

+92 310 6562039

#### Email

perwashaaseer123@gmail.com

## Person responsible for updating data

### Contact

#### Name of organization / entity

MIMAS

#### Full name of responsible person

Perwasha

#### Position

Assistasnt Professor

#### Latest degree

Ph.D.

#### Other areas of specialty/work

Health Service Management

#### Street address

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#### Postal code

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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

Aim of this study is to explore the correlates(BP, HR, oxygen saturation, glucose level, lipid profile, temperature, RR) of post menopausal females of Multan that are associated with body mass index and cardiorespiratory and cardiometabolic health. Aim of this study is to improve the quality of life. 1.4. Expected Outcomes This study will investigate the correlation of cardiorespiratory fitness and cardiometabolic with body mass index in post menopausal females of Multan and also investigate the respiratory improvements.

### When the data will become available and for how long

After the protocol completion data will be available for long time

### To whom data/document is available

Supervisor provided the all documents

### Under which criteria data/document could be used

Under strict ethical consideration

**From where data/document is obtainable**

from secretary BASR

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

IRB form, informed consent for and reports

**Comments**

Kindly approve it