

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

11 Jun 2026

### The Relationship Urine Hydroxyphenylglycol sulfate and Hamilton Scale Index in depressed girls after intermittent walking in water

#### Protocol summary

##### Summary

Aim: determine the effect of six-week intermittent walking in the water on the rate of 24-hour urine MHPG sulfate and the score of Hamilton testing in depressed girls. Single blind with control mono-center. Inclusion criteria: girls in the age of 15-18 year old was assessed with two psychiatrist according to DSM-IV TR criteria for depression and score above 18 in Hamilton scale. Exclusion criteria: Presence other psychiatric disorder. Twenty-four high school female students. Intervention: Six weeks intermittent walking in water in case group and assesment of Ham-D and MHPG sulfate in case and control groups. Duration: Six weeks. Outcome: Evaluation of Relationship between Urine MHPG sulfate and Hamilton Scale Index in case and control depressed Female Teenagers after six weeks Intermittent Walking in Water and comparison correlation of them.

#### General information

##### Acronym

##### IRCT registration information

IRCT registration number: **IRCT201104251457N8**

Registration date: **2011-08-30, 1390/06/08**

Registration timing: **retrospective**

Last update:

Update count: **0**

##### Registration date

2011-08-30, 1390/06/08

##### Registrant information

##### Name

Mehran Zarghami

##### Name of organization / entity

Research Center for Psychiatry and Behavioral Sciences and Department of Psychiatry, Mazandaran Univ

##### Country

Iran (Islamic Republic of)

##### Phone

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##### Email address

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##### Recruitment status

**Recruitment complete**

##### Funding source

none

##### Expected recruitment start date

2009-10-03, 1388/07/11

##### Expected recruitment end date

2010-11-13, 1389/08/22

##### Actual recruitment start date

empty

##### Actual recruitment end date

empty

##### Trial completion date

empty

##### Scientific title

The Relationship Urine Hydroxyphenylglycol sulfate and Hamilton Scale Index in depressed girls after intermittent walking in water

##### Public title

The Relationship Urine Hydroxyphenylglycol sulfate and Hamilton Scale Index in depressed girls after intermittent walking in water

##### Purpose

Diagnostic

##### Inclusion/Exclusion criteria

Inclusion: girls in the age of 15-18 year old was assessed with two psychiatrist according to DSM-IV TR criteria for depression and score above 18 in Hamilton scale. Exclusion: Presence other psychiatric disorder

##### Age

From **15 years** old to **18 years** old

##### Gender

Female

### Phase

N/A

### Groups that have been masked

No information

### Sample size

Target sample size: 24

### Randomization (investigator's opinion)

Randomized

### Randomization description

### Blinding (investigator's opinion)

Single blinded

### Blinding description

### Placebo

Not used

### Assignment

Single

### Other design features

## Secondary Ids

empty

## Ethics committees

### 1

#### Ethics committee

##### Name of ethics committee

College of Physical Education and Sport Sciences

##### Street address

University of Mazandaran,

##### City

Babolsar

##### Postal code

#### Approval date

2009-08-20, 1388/05/29

#### Ethics committee reference number

48

## Health conditions studied

### 1

#### Description of health condition studied

Depression

#### ICD-10 code

F32-2

#### ICD-10 code description

Severe depressive episode without psychotic symptoms

## Primary outcomes

### 1

#### Description

Hamilton Depression rating Scale

#### Timepoint

Before and after time of reaserch

#### Method of measurement

Psychiatrist will do the test

## Secondary outcomes

### 1

#### Description

Hydroxyphenylglycol sulfate

#### Timepoint

Before and after time of reaserch

#### Method of measurement

Chromatography fluorometric

## Intervention groups

### 1

#### Description

Pool walking exercise for 6 weeks and 3 sessions every week and activity intensity will constantly about 60-70% of maximum heart rate during 6 weeks

#### Category

Treatment - Other

## Recruitment centers

### 1

#### Recruitment center

##### Name of recruitment center

Mazandaran university

##### Full name of responsible person

Dr Dabidi

##### Street address

##### City

Babolsar

## Sponsors / Funding sources

### 1

#### Sponsor

##### Name of organization / entity

University of Mazandaran

##### Full name of responsible person

Dr Dabidi roshan

##### Street address

College of Physical Education and Sport Sciences

##### City

Babolsar

#### Grant name

#### Grant code / Reference number

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

Yes

#### Title of funding source

University of Mazandaran

#### Proportion provided by this source

100

#### Public or private sector

empty

#### Domestic or foreign origin

empty

**Category of foreign source of funding**

*empty*

**Country of origin****Type of organization providing the funding**

*empty*

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**Web page address****Person responsible for general inquiries****Contact****Name of organization / entity**

College of Physical Education and Sport Sciences,  
Department of sport Physiology,

**Full name of responsible person**

Dr Dabidi Roshan

**Position**

Associate prof.

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

Center for Psychiatry and Behavioral Sciences  
Mazandaran University, of Medical Sciences

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Dr Mehdi Pourasghar

**Position**

Psychiatrist

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Zare hospital

**City**

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Department of sport Physiology

**Full name of responsible person**

Dr Dabidi

**Position**

Associate prof.

**Other areas of specialty/work****Street address**

Department of sport Physiology

**City**

Babolsar

**Postal code****Sharing plan****Deidentified Individual Participant Data Set (IPD)**

*empty*

**Study Protocol**

*empty*

**Statistical Analysis Plan**

*empty*

**Informed Consent Form**

*empty*

**Clinical Study Report**

*empty*

**Analytic Code**

*empty*

**Data Dictionary**

*empty*