Clinical Trial Protocol
Iranian Registry of Clinical Trials

18 Sep 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

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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

Person responsible for general inquiries

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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