

Clinical Trial Protocol

Iranian Registry of Clinical Trials

01 Aug 2026

Effects of aerobic training on body composition and serum homocysteine in older women

Protocol summary

Summary

The aim of this study was to determine the effects of 12 week aerobic training on body composition and levels of serum homocysteine in older women. The study was Semi-empirical that was performed in imam khomeyni cultural center in Isfahan in 1389 year .After medical examination , 30 elderly women with similar age and weight divided to two groups control and experimental randomly . Weight , BMI , WHR and Body fat percentage were measured using the body composition analyzer . Fasting blood samples were taken . Homocysteine levels were measured by ELISA. Then, The experimental group performed an aerobic training on treadmill (walking) , three times a week for three months. . After three months, all variables in both groups were measured again.The collected data were analyzed by the spss .

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Email address

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Recruitment status

Recruitment complete

Funding source

Islamic azad University, Branch khorasgan

Expected recruitment start date

2010-09-01, 1389/06/10

Expected recruitment end date

2010-12-29, 1389/10/08

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT201107036939N1**

Registration date: **2011-07-18, 1390/04/27**

Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2011-07-18, 1390/04/27

Registrant information

Name

Farzaneh Taghian

Name of organization / entity

Islamic Azad University, Korasghan branch

Country

Iran (Islamic Republic of)

Phone

Scientific title

Effects of aerobic training on body composition and serum homocysteine in older women

Public title

The effect of exercise in preventing cardiovascular disease

Purpose

Prevention

Inclusion/Exclusion criteria

Inclusion criteria: women over 60 Exclusion criteria: heart disease ; inability to walk on the treadmill ; high blood pressure

Age

From **60 years** old to **75 years** old

Gender

Female

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: 30

Randomization (investigator's opinion)

Randomized

Randomization description**Blinding (investigator's opinion)**

Not blinded

Blinding description**Placebo**

Not used

Assignment

Parallel

Other design features**Secondary Ids**

empty

Ethics committees**1****Ethics committee****Name of ethics committee**

Islamic Azad University, Korasghan branch

Street address

Islamic Azad University, Korasghan branch

City

Isfahan

Postal code**Approval date**

2009-10-23, 1388/08/01

Ethics committee reference number

51752871213008

Health conditions studied**1****Description of health condition studied**

Factors influencing health status and contact with health services

ICD-10 code

Z00-Z99

ICD-10 code description**Primary outcomes****1****Description**

body composition

Timepoint

3 month

Method of measurement

body composition analyzer and blood samples

2**Description**

body composition

Timepoint

3 month

Method of measurement

body composition analyzer and blood samples

Secondary outcomes**1****Description**

Blood pressure, heart rate

Timepoint

Blood pressure, heart rate

Method of measurement

The gauge pressure, heart rate meter

Intervention groups**1****Description**

The intervention group followed an exercise program for 3 months. This program includes warm up with stretching and then walking on a treadmill speed is increased. This one hour 3 times a week Was. In the final 10 minutes of exercise treadmill speed was gradually reduced cooling time

Category

Other

2**Description**

Walking on a treadmill to increase at an increasing

Category

Other

3**Description**

Intervention for the control group were not

Category

N/A

Recruitment centers**1****Recruitment center****Name of recruitment center**

CULTURE CENTER OF IMA KHOMEYNI

Full name of responsible person**Street address****City**

ISFAHAN

Sponsors / Funding sources**1****Sponsor**

Name of organization / entity

ISLAMIC AZAD UNIVERSITY , KHORASGAN BRANCH
ISFAHAN)

Full name of responsible person

FARZANEH TAGHIAN

Street address

AZAD UNIVERSITY , KHORASGAN BRANCH ISFAHAN) ,
ARGHAVANIYE

City

ISFAHAN

Grant name

Grant code / Reference number

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

Yes

Title of funding source

ISLAMIC AZAD UNIVERSITY , KHORASGAN BRANCH
ISFAHAN)

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

Contact

Name of organization / entity

ISLAMIC AZAD UNIVERSITY , KHORASGAN BRANCH

Full name of responsible person

DR FARZANEH TAGHIAN

Position

DR, Member of Scientific Board

Other areas of specialty/work

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**Person responsible for scientific
inquiries**

Contact

Name of organization / entity

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Full name of responsible person

FARZANEH TAGHIAN

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Person responsible for updating data

Contact

Name of organization / entity

KHORASGAN BRANCH

Full name of responsible person

FARZANEH TAGHIAN

Position

DR

Other areas of specialty/work

Street address

City

Postal code

Phone

Fax

Email

Web page address

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