

Clinical Trial Protocol

Iranian Registry of Clinical Trials

10 Jun 2026

The changes of interleukin-17, interferon- γ and hs-CRP concentrations of athletes following a single session of exercise in cold and natural conditions.

Protocol summary

Summary

Introduction: Exercise and stressor environments could lead to some immune changes in human body. The aim of this study was to explore the changes of interleukin 17, interferon- γ and hs-CRP concentrations of athletes after a single session of exercise in cold and natural conditions. Materials and methods: This study was a randomized clinical trial of a single blind. Ten young male athletes ran on a treadmill for 1h at %60 VO₂max in conditions of natural and cold. The interleukin 17, interferon- γ , hs-CRP and cortisol concentrations measured before, immediately after exercise and two hours after (during recovery) and body temperature, pressure scale and athletes' consummated water during exercise. In order to analyze the data, Repeated Measure and Bonferroni tests and Paired T tests were utilized at the significant level of $p < 0.05$. Inclusion criteria included; having a history of at least 3 years of continuous and 8 hours per week of exercise endurance; maximal oxygen consumption 50 ml kg min; the absence of any disease of the immune system; vascular Kvrnr and infection in the past month; such as influenza; to colds; respiratory infections Hungarian; or symptoms such as fever; sore throat; runny nose; cough and other infectious diseases. The use of doping substances such as vitamins; dietary supplements; herbs or medications that affect the immune system are effective; Smoking and alcohol 48 hours before the test; Participate in heavy exercise; exposure to adverse environmental conditions; temperature; disease and viral infection during the plan period; were exclusion criteria.

General information

Acronym

Not have

IRCT registration information

IRCT registration number: **IRCT201111297255N3**

Registration date: **2011-12-07, 1390/09/16**

Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2011-12-07, 1390/09/16

Registrant information

Name

Sadegh Satarifard

Name of organization / entity

Tehran University

Country

Iran (Islamic Republic of)

Phone

+98 21 8863 3866

Email address

satarifard@ut.ac.ir

Recruitment status

Recruitment complete

Funding source

Investigator

Expected recruitment start date

2011-05-10, 1390/02/20

Expected recruitment end date

2011-06-19, 1390/03/29

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The changes of interleukin-17, interferon- γ and hs-CRP

concentrations of athletes following a single session of exercise in cold and natural conditions.

Public title

Exercise and immune change

Purpose

Basic science

Inclusion/Exclusion criteria

Inclusion criteria included; having a history of at least 3 years of continuous and 8 hours per week of exercise endurance; maximal oxygen consumption 50 ml kg min; the absence of any disease of the immune system; vascular Kvrnr and infection in the past month; such as influenza; to colds; respiratory infections Hungarian; or symptoms such as fever; sore throat; runny nose; cough and other infectious diseases. The use of doping substances such as vitamins; dietary supplements; herbs or medications that affect the immune system are effective; Smoking and alcohol 48 hours before the test; Participate in heavy exercise; exposure to adverse environmental conditions; temperature; disease and viral infection during the plan period; were exclusion criteria.

Age

From **20 years** old to **30 years** old

Gender

Male

Phase

2-3

Groups that have been masked

No information

Sample size

Target sample size: **10**

Randomization (investigator's opinion)

N/A

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

Single blinded

Blinding description**Placebo**

Not used

Assignment

Parallel

Other design features**Secondary Ids**

empty

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

Ethics committee of Tehran University, Department of Physical Education

Street address

Department of Physical Education of Tehran University, Kargshmary Street, Tehran

City

Tehran

Postal code

13117-14398

Approval date

2011-05-04, 1390/02/14

Ethics committee reference number

28

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

Not Patient- Healthy subjects, young athletes

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

interleukin-17 Concentration

Timepoint

Before, immediately after and 2 h after exercise

Method of measurement

Using ELISA Kit

2**Description**

CRP concentration

Timepoint

Before, immediately after and 2 h after exercise

Method of measurement

Using ELISA Kit

3**Description**

IFN- γ

Timepoint

Before, immediately after and 2 h after exercise

Method of measurement

Using ELISA Kit

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

Not have

Timepoint

Not have

Method of measurement

Not have

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

One hour of exercise (running on a treadmill) with 60% of

vo2max, in normal environment(4°c)

Category

Other

2

Description

One hour of exercise (running on a treadmill) with 60% of vo2max, in normal environment(22°c)

Category

Other

Recruitment centers

1

Recruitment center

Name of recruitment center

Yasuj

Full name of responsible person

Satarifard Sadegh

Street address

Tehran University School of Physical Education,
Kargrshmary Street, Tehran

City

Tehran

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Investigator

Full name of responsible person

Satarifard Sadegh

Street address

Tehran University School of Physical Education,
Kargrshmary Street, Tehran

City

Tehran

Grant name

Grant code / Reference number

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

Yes

Title of funding source

Investigator

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

Tehran University

Full name of responsible person

Satarifard Sadegh

Position

MSc student

Other areas of specialty/work

Street address

Tehran University School of Physical Education,
Kargrshmary Street, Tehran

City

Tehran

Postal code

14398-13117

Phone

+98 21 8863 3866

Fax

Email

satarifard@ut.ac.ir

Web page address

Person responsible for scientific inquiries

Contact

Name of organization / entity

Tehran University

Full name of responsible person

Satarifard Sadegh

Position

MSc student

Other areas of specialty/work

Street address

Tehran University School of Physical Education,
Kargrshmary Street, Tehran

City

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Fax

Email

satarifard@ut.ac.ir

Web page address

Person responsible for updating data

Contact

Name of organization / entity

Tehran University

Full name of responsible person

Satarifard Sadegh

Position

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Other areas of specialty/work

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Tehran University School of Physical Education,
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City

Tehran

Postal code

14398-13117

Phone

+98 21 8863 3866

Fax**Email**

satarifard@ut.ac.ir

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