

Clinical Trial Protocol

Iranian Registry of Clinical Trials

18 Sep 2026

The effect of twelve weeks aerobic exercise on ovarian androgens and body composition of women with polycystic ovary syndrome

Protocol summary

Summary

The aim of this study was to the effect of twelve weeks aerobic exercise on ovarian androgens and body composition of women with polycystic ovary syndrome. In this clinical trial 20 patients obese (BMI>25 kg/m²) and 20 patients lean (BMI<20 kg/m²) with Polycystic Ovary Syndrome were selected. Lean and obese subjects were randomly divided into intervention and control equally groups. The intervention group subjects were performed 12 weeks, 3 sessions per week with intensity 65-80% of maximal heart rate for 25 - 30 minutes of aerobic exercise, but intervention was not performed in control group. BMI, WHR, LH, FSH, Prolactin and Testosterone hormones were measured before and after of study. The data were analyzed using the Paired T and independent T tests.

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Recruitment status

Recruitment complete

Funding source

Hormozgan University of Medical Sciences

Expected recruitment start date

2011-03-20, 1389/12/29

Expected recruitment end date

2011-12-23, 1390/10/02

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT201212127255N4**

Registration date: **2012-12-23, 1391/10/03**

Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2012-12-23, 1391/10/03

Registrant information

Name

Sadegh Satarifard

Name of organization / entity

Tehran University

Country

Iran (Islamic Republic of)

Phone

Scientific title

The effect of twelve weeks aerobic exercise on ovarian androgens and body composition of women with polycystic ovary syndrome

Public title

The effect of exercise in the treatment of polycystic ovary syndrome

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria: age range 16 to 40 years; body mass index less than 20 and more than 25; at least two of the symptoms of PCOS; no ovulation or oligomenorrhea; hirsutism (above 8) and clinical or biochemical hyperandrogenism; Exclusion criteria: Patients undergoing treatment for menstrual disorders; antiepileptic drugs; contraceptives; pregnancy or weight loss drugs; those with hepatitis; pulmonary-cardiac disorders; diabetes; pregnancy; hypo-and hyperthyroidism Cushing's syndrome and adrenal hyperplasia.

Age

From **16 years** old to **40 years** old

Gender

Female

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **40**

Randomization (investigator's opinion)

Randomized

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**

Hormozgan University of Medical Sciences

Street address

Next to the Governor, Shahid Chamran Boulevard,
BandarAbbas

City

BandarAbbas

Postal code**Approval date**

2011-09-23, 1390/07/01

Ethics committee reference number

132

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

Polycystic Ovary Syndrome

ICD-10 code

E28.2

ICD-10 code description

Polycystic ovarian syndrome

Primary outcomes**1****Description**

Blood Prolactin

Timepoint

Before and after of intervention

Method of measurement

By method of chemoluminescence using Liaison kit

2**Description**

Blood Testosterone

Timepoint

Before and after intervention

Method of measurement

By Elisa kit of ROTH

Secondary outcomes

empty

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

Twelve week aerobic exercise in intervention group

Category

Other

2**Description**

The control group did not participate in the exercise program

Category

Other

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

Women's Specialized Hospital in Bandar Abbas

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

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Tehran University School of Physical Education,
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 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

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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