

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

05 Jul 2026

### Effect of Aerobic Exercise Training on Abdominal Obesity and Lipid Profiles in Pre-menopausal Women.

#### Protocol summary

##### Summary

This study investigated the effect of aerobic endurance exercise on abdominal obesity and lipid profiles in pre-menopausal women. This clinical trial is a clinical trial with control group. Among the women who referred to Shahid Beheshti Mahshahr, women who were eligible for inclusion in the age group 52-38 years, 40 persons were selected and randomly assigned into two groups. The exercise intervention in intervention group was 10 weeks. At the beginning and end of the study outcome data, measured by indices of abdominal obesity and lipid profiles.

#### General information

##### Acronym

##### IRCT registration information

IRCT registration number: **IRCT201109037456N1**

Registration date: **2011-10-08, 1390/07/16**

Registration timing: **retrospective**

Last update:

Update count: **0**

##### Registration date

2011-10-08, 1390/07/16

##### Registrant information

###### Name

Parvin Heydarpoor kolver

###### Name of organization / entity

Jondishapour Ahvaz University of Medical Sciences

###### Country

Iran (Islamic Republic of)

###### Phone

+98 65 2237 8216

###### Email address

heidarpour@agums.ac.ir

#### Recruitment status

##### Recruitment complete

##### Funding source

Ahvaz University of Medical Sciences(Jondishapour)

##### Expected recruitment start date

2011-02-04, 1389/11/15

##### Expected recruitment end date

2011-04-14, 1390/01/25

##### Actual recruitment start date

empty

##### Actual recruitment end date

empty

##### Trial completion date

empty

##### Scientific title

Effect of Aerobic Exercise Training on Abdominal Obesity and Lipid Profiles in Pre-menopausal Women.

##### Public title

Effect of Aerobic Exercise Training on Abdominal Obesity and Lipid Profiles in Pre-menopausal Women.

##### Purpose

Prevention

##### Inclusion/Exclusion criteria

Inclusion Criteria: 1) abdominal circumference of 88 cm or waist-hip ratio of 0.85; 2) Not taking any drug, anti-fat, fiber and medicines such as lovastatin and wasting drug; 3) lack of regular physical activity during the past 6 months Exclusion criteria:1) Failure to participate in sporting events and the absence of more than 3 sessions; 2) participate in sporting events sporting events other than the study; 3) Regular participation in sports more than one day a week

##### Age

From **38 years** old to **52 years** old

##### Gender

Female

##### Phase

N/A

#### Groups that have been masked

No information

**Sample size**

Target sample size: 31

**Randomization (investigator's opinion)**

Randomized

**Randomization description**

**Blinding (investigator's opinion)**

Not blinded

**Blinding description**

**Placebo**

Not used

**Assignment**

Other

**Other design features**

**Secondary Ids**

empty

**Ethics committees**

1

**Ethics committee**

**Name of ethics committee**

Ahvaz University of Medical Sciences

**Street address**

Ahvaz.Golstan St.

**City**

Ahvaz

**Postal code**

**Approval date**

2011-01-30, 1389/11/10

**Ethics committee reference number**

eth-211

**Health conditions studied**

1

**Description of health condition studied**

Abdominal Obesity and Lipid Disorder

**ICD-10 code**

R00-R99

**ICD-10 code description**

Symptoms, signs and abnormal clinical and laboratory findings, not elsewhere classified

**Primary outcomes**

1

**Description**

Abdominal Circumference

**Timepoint**

Before and After Intervention

**Method of measurement**

Tape and centimeter

2

**Description**

Cholesterol

**Timepoint**

Before and After Intervention

**Method of measurement**

Mg/dl

3

**Description**

Triglycerid

**Timepoint**

Before and After Intervention

**Method of measurement**

Mg/dl

4

**Description**

High Density Lipoprotein

**Timepoint**

Before and After Intervention

**Method of measurement**

Mg/dl

5

**Description**

Low Density Lipoprotein

**Timepoint**

Before and After Intervention

**Method of measurement**

Mg/dl

**Secondary outcomes**

1

**Description**

Wheight

**Timepoint**

Before and After

**Method of measurement**

Kilogram(kg)

2

**Description**

Body mass Index

**Timepoint**

Before and After

**Method of measurement**

-

3

**Description**

Waist-hip ratio

**Timepoint**

Before and After

**Method of measurement**

-

## Intervention groups

### 1

#### Description

In the intervention group intervention, including aerobic endurance exercise three days a week for 30 sessions is that the duration of exercise sessions with each session 40 minutes in the first two weeks starting the last four weeks time will run out in 60 minutes Exercise with fitness expert and researcher with the gym one morning and day clinic are advised to avoid consuming too much fatty food and more diet,continue to daily routine.

#### Category

Lifestyle

### 2

#### Description

In the control Group intervention including consisted of advice to refrain from eating fatty Food and having daily routine activities and information to the researcher in order to participate in Regular sports

#### Category

Treatment - Drugs

## Recruitment centers

### 1

#### Recruitment center

##### Name of recruitment center

Shahid Beheshti Hospital Mahshahr.

##### Full name of responsible person

Heydarpoor Parvin

##### Street address

Mahshahr Nahyh industrial Medical Centers of Shahid Beheshti

##### City

Mahshahr

## Sponsors / Funding sources

### 1

#### Sponsor

##### Name of organization / entity

Ahvaz Jundishapour University of Medical Sciences

##### Full name of responsible person

Dr. Fegghi

##### Street address

Jundishapour University Ahvav.Golestan St.

##### City

Ahvaz

#### Grant name

#### Grant code / Reference number

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

Yes

#### Title of funding source

Ahvaz Jundishapour University of Medical Sciences

#### 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

Jondishapour University of Ahvaz

##### Full name of responsible person

Heydarpoor Parvin

##### Position

Graduate Nursing Student

##### Other areas of specialty/work

##### Street address

Ahvazdangshgah JONDISHAPOUR Nursing Midwifery

##### City

Ahvaz

##### Postal code

##### Phone

+98 65 2237 8216

##### Fax

##### Email

heydarpoor@ajums.ac.ir

##### Web page address

## Person responsible for scientific inquiries

#### Contact

##### Name of organization / entity

Jondishapour UniversityMedical( Science University of Ahvaz)

##### Full name of responsible person

Fayazi Sadighe

##### Position

Master of Nursing

##### Other areas of specialty/work

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## Person responsible for updating data

#### Contact

##### Name of organization / entity

Ahwaz University of Medical Sciences

**Full name of responsible person**

Fayazi Sadighe

**Position**

Master of Nursing

**Other areas of specialty/work**

**Street address**

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Midwifery

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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*