Clinical Trial Protocol
Iranian Registry of Clinical Trials

17 Sep 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 are. 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

heidarpoor@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

Triglycirid

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

Kilograme(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. Feghhi
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
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Graduate Nursing Student
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Person responsible for scientific inquiries

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Full name of responsible person
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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