

Clinical Trial Protocol

Iranian Registry of Clinical Trials

23 Sep 2026

Effects of One Session Moderate-Intensity Aerobic Training and High-Intensity Interval Training on Food Craving- Food Choices- and Some Psychological Factors Related to Appetite Control in Overweight and Obese Women

Protocol summary

Study aim

Determining the effects of a session of moderate-intensity aerobic exercise and high-intensity interval training on craving, food choice, appetite, impulsivity, risk-taking decision-making, cognitive flexibility, and perceptual responses in overweight and obese women with cravings food

Design

Clinical trial, with control conditions, crossover, 15 participants, randomization will be done through Irandomization.com.

Settings and conduct

The present research will be conducted in the Faculty of Sports Sciences of Razi University of Kermanshah. Each participant will be exposed to three conditions of aerobic exercise, interval training or control condition in a random order.

Participants/Inclusion and exclusion criteria

Criteria for entering the research: age range from 18 to 40 years old, resident of Kermanshah city, body mass index (BMI) between 25 and 35 kg/m², with food cravings (getting a total score of 108 or higher from the 15-item food craving questionnaire and 12-item visual analog questionnaire of craving for food), obtaining a certificate of non-prohibition of participation in the exercise program from the doctor - criteria for not entering the research: smoking, alcohol and various types of drugs, the presence of musculoskeletal abnormalities or disorders, participation in weight loss programs In the last 6 months, participating in a regular exercise program in the last 6 months

Intervention groups

A session of moderate intensity aerobic training, a session of high intensity interval training, a session of watching a 30-minute documentary film.

Main outcome variables

Food craving, food choice, appetite, impulsivity, risk-taking decision, cognitive flexibility, perceptual responses.

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20241020063435N1**

Registration date: **2024-10-26, 1403/08/05**

Registration timing: **registered_while_recruiting**

Last update: **2024-10-26, 1403/08/05**

Update count: **0**

Registration date

2024-10-26, 1403/08/05

Registrant information

Name

Chnour Ghaderi

Name of organization / entity

The Razi University of Kermanshah

Country

Iran (Islamic Republic of)

Phone

+98 87 3459 0085

Email address

chnourghaderi77@gmail.com

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2024-10-26, 1403/08/05

Expected recruitment end date

2024-11-08, 1403/08/18

Actual recruitment start date
empty

Actual recruitment end date
empty

Trial completion date
empty

Scientific title
Effects of One Session Moderate-Intensity Aerobic Training and High-Intensity Interval Training on Food Craving- Food Choices- and Some Psychological Factors Related to Appetite Control in Overweight and Obese Women

Public title
Effects of a Session of Aerobic exercise with moderate-Intensity and intermittent exercise with high intensity on craving and appetite control in overweight and obese women

Purpose
Supportive

Inclusion/Exclusion criteria
Inclusion criteria:
Age range from 18 to 40 years A resident of Kermanshah Body mass index (BMI) between 25 and 35 kg/m2 Having food cravings (getting a total score of 108 or higher from the 15-item food craving questionnaire and the 12-item visual analog food craving questionnaire) Obtaining a certificate of non-prohibition of participation in sports training program from the doctor
Exclusion criteria:
Smoking, alcohol and drugs Abnormalities or musculoskeletal disorders Participation in weight loss programs in the last 6 months Participating in a regular exercise program in the past 6 months

Age
From **18 years** old to **40 years** old

Gender
Female

Phase
3

Groups that have been masked
No information

Sample size
Target sample size: **15**

Randomization (investigator's opinion)
Randomized

Randomization description
In this study, the order of subject exposure to 3 different conditions (moderate intensity aerobic exercise, high intensity intermittent exercise and control condition) will be randomized by Latin square method. For this purpose, first, using the website www.random.org, each subject will be randomly assigned a number between 1 and 15 as an identification code. Then, the English letters A.B.C will be assigned to the three intervention conditions and a Latin square with three rows and three columns will be created. Finally, participants number 1 to 5 are placed in the sequence of the first row, participants number 6 to 10 are placed in the sequence of the second row, and participants number 11 to 15 are placed in the sequence

of the third row.

Blinding (investigator's opinion)
Not blinded

Blinding description
Placebo
Not used

Assignment
Crossover

Other design features

Secondary Ids
empty

Ethics committees

1

Ethics committee
Name of ethics committee
Research Ethics Committee of Razi University
Street address
Taq Bostan, University Street, Razi University, Faculty of Sports Sciences
City
Kermanshah
Province
Kermanshah
Postal code
6714414971

Approval date
2024-07-03, 1403/04/13

Ethics committee reference number
IR.RAZI.REC.1403.017

Health conditions studied

1

Description of health condition studied
overweight and obesity

ICD-10 code
E66

ICD-10 code description
Overweight and obesity

Primary outcomes

1

Description
Food cravings

Timepoint
24 and 48 hours after completing the interventions

Method of measurement
15-item food craving questionnaire and 12-item visual analogue food craving questionnaire

2

Description
Food preference

Timepoint

Before and after the interventions

Method of measurement

Online food preference questionnaire software

3

Description

appetite

Timepoint

1, 2, 4, 24 and 48 hours after the intervention

Method of measurement

Visual analogue subjective scale of appetite

Secondary outcomes

1

Description

impulsiveness

Timepoint

Before and after the interventions

Method of measurement

Go/no go cognitive test software

2

Description

Risky decision making

Timepoint

Before and after the interventions

Method of measurement

Iowa gambling cognitive test software

3

Description

Cognitive flexibility

Timepoint

Before and after the interventions

Method of measurement

20-question cognitive flexibility questionnaire

4

Description

sense of pleasure

Timepoint

Before and after the interventions

Method of measurement

11-item emotion scale

5

Description

Arousal level

Timepoint

Before and after the interventions

Method of measurement

6-point scale of perceived arousal

Intervention groups

1

Description

Intervention group: In this research, all the subjects will be exposed to two intervention conditions with an interval of at least 7 days, including 1- aerobic exercise with moderate intensity, 2- intermittent exercise with high intensity.

Category

Treatment - Devices

2

Description

Control group: In this study, all the subjects will watch a documentary film for 30 minutes that does not have any spiritual, psychological, emotional or motivational effects.

Category

Placebo

Recruitment centers

1

Recruitment center

Name of recruitment center

Razi University of Kermanshah

Full name of responsible person

Amir Abbas Monazzami

Street address

Taq Bostan, University Blvd., Razi University, Faculty of Sports Sciences

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+98 83 3427 7605

Email

monazzami.amirabbas@gmail.com

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Razi University of Kermanshah

Full name of responsible person

Dr. Mostafa Mostafaei

Street address

Taq Bostan, University Street, Razi University

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b.mostafaei@razi.ac.ir

Grant name

Grant code / Reference number

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

Yes

Title of funding source

Razi University of Kermanshah

Proportion provided by this source

100

Public or private sector

Public

Domestic or foreign origin

Domestic

Category of foreign source of funding

empty

Country of origin

Type of organization providing the funding

Academic

Person responsible for general inquiries

Contact

Name of organization / entity

Razi University of Kermanshah

Full name of responsible person

Amir Abbas Monazzami

Position

Associate Professor

Latest degree

Ph.D.

Other areas of specialty/work

Sport Medicine

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Taq Bostan, University Street, Razi University, Faculty of Sports Sciences

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Person responsible for scientific inquiries

Contact

Name of organization / entity

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Full name of responsible person

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Position

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Person responsible for updating data

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Ph.D.

Other areas of specialty/work

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Sharing plan

Deidentified Individual Participant Data Set (IPD)

Yes - There is a plan to make this available

Study Protocol

Yes - There is a plan to make this available

Statistical Analysis Plan

Not applicable

Informed Consent Form

Undecided - It is not yet known if there will be a plan to make this available

Clinical Study Report

Yes - There is a plan to make this available

Analytic Code

Not applicable

Data Dictionary

Not applicable

Title and more details about the data/document

All data can be shared after de-identifying subjects.

When the data will become available and for how long

6-9 months after printing the results

To whom data/document is available

Supervisor and executive researcher

Under which criteria data/document could be used

Meta-analysis research

From where data/document is obtainable

Take action by sending an e-mail to Amirabbas

Monazzami, supervisor, at

monazzami.amirabbas@gmail.com and Chnour Ghaderi, researcher, at chnourghaderi77@gmail.com.

What processes are involved for a request to access data/document

In case of an official request, the relevant reasons are announced and full details are mentioned, the data will be sent via email after 72 hours.

Comments