Clinical Trial Protocol
Iranian Registry of Clinical Trials

16 Sep 2026

The long term effects of continuous and intermittent aerobic exercise on weight loss and body fat percentage in overweight and obese women

Protocol summary

Summary

This study is a randomized control trial. The objective of this study is to investigate the effect of long term continuous or intermittent aerobic exercise on weight loss and percentage body fat. In this study 45 women with body mass index ≥25 who don't have disease that affecting physical activity, heart rate or nutrition status will be recruited and randomly assigned into intervention or control group. In fact, this study is the one-year follow up of the participants in the study with this ID number: IRCT138807182562N1 .The patients in the intervention group have received aerobic exercise with moderate intensity (64-76% maximal heart rate) during 12 weeks, in past year. The patients in the control group have received only healthy nutrition consultation. Weight, percentage body fat and daily physical activity will be measured before and after the intervention and compared between groups.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT201112147903N1**
Registration date: **2011-12-31, 1390/10/10**
Registration timing: **prospective**

Last update:
Update count: **0**

Registration date

2011-12-31, 1390/10/10

Registrant information

Name

Zahra Alizadeh

Name of organization / entity

Tehran University of Medical Sciences

Country

Iran (Islamic Republic of)

Phone

+98 21 6119 2282

Email address

z_alizadeh@tums.ac.ir

Recruitment status

Recruitment complete

Funding source

Tehran University of Medical Sciences

Expected recruitment start date

2012-01-10, 1390/10/20

Expected recruitment end date

2012-02-09, 1390/11/20

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The long term effects of continuous and intermittent aerobic exercise on weight loss and body fat percentage in overweight and obese women

Public title

Effect of exercise on weight reduction

Purpose

Prevention

Inclusion/Exclusion criteria

Women with body mass index ≥25 who don't have disease that affecting physical activity, heart rate or nutrition status (The Participants in the study with this ID number: IRCT138807182562N1)

Age

From **20 years** old to **45 years** old

Gender

Female

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **45**

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

Tehran University of Medical Sciences

Street address

Tehran University of Medical Sciences

City

tehran

Postal code

Approval date

2011-11-17, 1390/08/26

Ethics committee reference number

901301469

Health conditions studied

1

Description of health condition studied

obesity

ICD-10 code

(E65-E68)

ICD-10 code description

Obesity and other hyperalimentation

Primary outcomes

1

Description

weight reduction

Timepoint

1 year

Method of measurement

scale

Secondary outcomes

empty

Intervention groups

1

Description

Aerobic exercise with moderate intensity(64-76% maximal HR),5 days per week, during 12 weeks

Category

Treatment - Other

Recruitment centers

1

Recruitment center

Name of recruitment center

Sports Medicine Research Center

Full name of responsible person

Zahra Alizadeh

Street address

No7, Ale-Ahmad Highway, Opposite of Shariati Hospital, Tehran,Iran

City

Tehran

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Tehran University of Medical Sciences

Full name of responsible person

Elahe Alamdar

Street address

Tehran University of Medical Sciences-Tehran-Iran

City

Tehran

Grant name

Grant code / Reference number

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

Yes

Title of funding source

Tehran 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
Tehran University of Medical Sciences, School of Medicine

Full name of responsible person
Zahra Alizadeh

Position
Assistant Professor of Sports Medicine

Other areas of specialty/work

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Assistant Professor of Sports Medicine

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Web page address

Person responsible for updating data

Contact

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