

Clinical Trial Protocol

Iranian Registry of Clinical Trials

18 Jul 2026

The effects of morning and evening aerobic exercise on appetite in overweight women

Protocol summary

Summary

This study is a randomized control trial. The objective of this study is to investigate the effect of moderate to severe aerobic exercise on appetite. In this study 46 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 groups. The patients in one intervention group will received morning aerobic exercise with moderate to severe intensity during 8 weeks. The patients in other group will received the same exercise protocol in the evening. Appetite, Rating perceived exertion, Weight, Body mass index, Percentage body fat will be measured before and after the intervention and compared between groups.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT201112287903N2**

Registration date: **2012-01-05, 1390/10/15**

Registration timing: **prospective**

Last update:

Update count: **0**

Registration date

2012-01-05, 1390/10/15

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

2012-01-21, 1390/11/01

Expected recruitment end date

2012-07-20, 1391/04/30

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effects of morning and evening aerobic exercise on appetite in overweight women

Public title

Aerobic exercise and appetite

Purpose

Prevention

Inclusion/Exclusion criteria

Female, without pregnancy or regular physical activity or cigarette smoking, Without any diseases that affect the heart rate, diet or physical activity, without significant weight reduction over the past 6 months

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: **46**
Randomization (investigator's opinion)
Randomized
Randomization description
Blinding (investigator's opinion)
Not blinded
Blinding description
Placebo
Not used
Assignment
Single
Other design features

Secondary Ids

empty

Ethics committees

1
Ethics committee
Name of ethics committee
Tehran University of Medical Sciences
Street address
The Center of Tehran University of Medical Sciences, Ghods St., Keshavarz Blvd.
City
Tehran
Postal code
Approval date
2011-12-25, 1390/10/04
Ethics committee reference number
90-03-53-15004-42656

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
Appetite
Timepoint
0 and 8 week
Method of measurement
Visual Analog Scale

Secondary outcomes

1
Description
Weight reduction
Timepoint
0 and 8 week
Method of measurement
Standard analogue scale

Intervention groups

1
Description
Aerobic exercise, 3-5 days per week with moderate to high intensity
Category
Other

Recruitment centers

1
Recruitment center
Name of recruitment center
Emam khomeini Hospital
Full name of responsible person
Street address
City
Tehran

Sponsors / Funding sources

1
Sponsor
Name of organization / entity
Tehran University of Medical Sciences
Full name of responsible person
Alamdard Elahe
Street address
4th Floor, The Center of Tehran University of Medical Sciences, Ghods St., Keshavarz Blvd.
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

Full name of responsible person

Zahra Alizadeh

Position

Assistant Professor of Sports Medicine

Other areas of specialty/work**Street address**

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Contact

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Full name of responsible person

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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