

Clinical Trial Protocol

Iranian Registry of Clinical Trials

18 Jul 2026

The Acute Effects of Morning and Evening Moderate Intensity Aerobic Exercise on Appetite in Overweight Women

Protocol summary

Summary

This study is a clinical trial. The objective of this study is to investigate the effect of moderate aerobic exercise on appetite during different times of the day. Fifty women with body mass index ≥ 25 and < 30 , who do not have diseases that affecting physical activity, heart rate or nutrition status will be recruited. All of the participants will receive one session morning aerobic exercise and one session evening aerobic exercise. Appetite, Rating perceived exertion and 24-hour recall will be measured and compared before and after the intervention.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT201208167903N3**
Registration date: **2012-09-07, 1391/06/17**
Registration timing: **registered_while_recruiting**

Last update:

Update count: **0**

Registration date

2012-09-07, 1391/06/17

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

2012-08-22, 1391/06/01

Expected recruitment end date

2013-11-22, 1392/09/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The Acute Effects of Morning and Evening Moderate Intensity Aerobic Exercise on Appetite in Overweight Women

Public title

Aerobic exercise and appetite

Purpose

Prevention

Inclusion/Exclusion criteria

Inclusion criteria: female; $25 \leq$ body mass index < 30 ; sedentary lifestyle. Exclusion criteria: age < 20 or > 40 ; pregnancy; cigarette smoking; regular physical activity; any diseases that affecting the heart rate, diet or physical activity; 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: **50**

Randomization (investigator's opinion)

N/A
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
Tehran University of Medical Sciences, Ghods St.,
Keshavarz Blvd.
City
tehran
Postal code
Approval date
2012-08-12, 1391/05/22
Ethics committee reference number
91-02-53-18184-61354

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
Appetie
Timepoint
befor and after
Method of measurement
Visual Analog Scale

Secondary outcomes

1

Description
rating of perceived exertion

Timepoint
befor and after
Method of measurement
Visual Analog Scale

Intervention groups

1

Description
Morning and evening moderate intensity aerobic
exercise
Category
Lifestyle

Recruitment centers

1

Recruitment center
Name of recruitment center
Imam Khomeini Hospital
Full name of responsible person
Zahra Alizadeh
Street address
Imam Khomeini Hospita, Blvd. Keshavarz, Square
Vliar
City
Tehran

Sponsors / Funding sources

1

Sponsor
Name of organization / entity
Tehran University of Medical Sciences
Full name of responsible person
Aalamdar-Mostofi
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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

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Sports medicine research center, Opposite of Shariati Hospital, Ale-Ahmad Highway

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Person responsible for scientific inquiries

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Full name of responsible person

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Position

Sports medicine specialist

Other areas of specialty/work

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Web page address

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