

# 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  $\geq 25$  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  
**Street address**  
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**

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

**City**

Tehran

**Postal code****Phone**

+98 21886302278

**Fax****Email**

z\_alizadeh@tums.ac.ir

**Web page address**

## Person responsible for scientific inquiries

### Contact

**Name of organization / entity**

Faculty of Medicine, Tehran University of Medical Sciences

**Full name of responsible person**

Zahra Alizadeh

**Position**

Sports medicine specialist

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

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

**City**

Tehran

**Postal code****Phone**

+98 21886302278

**Fax****Email**

z\_alizadeh@tums.ac.ir

**Web page address**

## Person responsible for updating data

### Contact

**Name of organization / entity**

Tehran University of Medical Sciences

**Full name of responsible person**

Zahra Alizadeh

**Position**

Assistant Professor

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

Sports Medicine Research Center, No7, Opposite of Shariati Hospital, Ale-Ahmad Highway

**City**

Tehran

**Postal code**

1411734143

**Phone**

+98 21 6119 2282

**Fax**

+98 21 8800 3539

**Email**

z\_alizadeh@tums.ac.ir

**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