

Clinical Trial Protocol

Iranian Registry of Clinical Trials

05 Jul 2026

The Effect of High Intensity Aerobic Exercise on Appetite and 24-hour energy intake in Overweight Women

Protocol summary

Tehran University of Medical Sciences

Summary

The objective of this study is to investigate the effect of high intensity aerobic exercise on appetite. Fifty women with body mass index ≥ 25 and $30 \geq$, 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 high intensity aerobic exercise on treadmill with bruce protocol . Appetite, Rating perceived exertion and 24-hour recall will be measured and compared before and after the intervention.

Expected recruitment start date

2015-10-23, 1394/08/01

Expected recruitment end date

2016-01-21, 1394/11/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

General information

Scientific title

The Effect of High Intensity Aerobic Exercise on Appetite and 24-hour energy intake in Overweight Women

Acronym

Public title

The effect of high intensity exercise on appetite

IRCT registration information

IRCT registration number: **IRCT201511057903N6**

Registration date: **2015-11-13, 1394/08/22**

Registration timing: **registered_while_recruiting**

Purpose

Prevention

Inclusion/Exclusion criteria

Age between 20 -45 years old; 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.

Last update:

Update count: **0**

Registration date

2015-11-13, 1394/08/22

Age

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

Gender

Female

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

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)

Recruitment status

Recruitment complete

Funding source

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
2015-10-21, 1394/07/29
Ethics committee reference number
94-01-30-28570

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
Before and after intervention
Method of measurement
Questionnaire

Secondary outcomes

1

Description
24 hours food intake
Timepoint
Before and after intervention
Method of measurement

Questionnaire

Intervention groups

1

Description

One session of high intensity aerobic exercise on treadmill

Category

Prevention

Recruitment centers

1

Recruitment center

Name of recruitment center
Emam Khomeini Hospital
Full name of responsible person
Zahra Alizadeh
Street address
City
Tehran

Sponsors / Funding sources

1

Sponsor

Name of organization / entity
Tehran University of Medical Sciences
Full name of responsible person
Ms. Hajar Moammaee
Street address
4th Floor, The Central Building 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

Other areas of specialty/work

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Person responsible for updating data

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Assistant Professor

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Position
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Other areas of specialty/work

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Fax

Email

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