

# 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  $\geq 25$  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**

**Street address**  
Tehran University of Medical Sciences, Ghods St.,  
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## Person responsible for updating data

### Contact

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Assistant Professor

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## Person responsible for scientific inquiries

### Contact

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Assistant Professor

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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*