Clinical Trial Protocol
Iranian Registry of Clinical Trials

17 Sep 2026

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

Protocol summary

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 ≥, 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.

General information

Acronym
IRCT registration information
IRCT registration number: **IRCT201511057903N6**
Registration date: **2015-11-13, 1394/08/22**
Registration timing: **registered_while_recruiting**

Last update:
Update count: **0**
Registration date
2015-11-13, 1394/08/22

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
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

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

Public title
The effect of high intensity exercise on appetite
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.
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

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., Keshavarz Blvd
City
Tehran
Postal code
Phone
+98 21 6119 2282
Fax
Email
z_alizadeh@tums.ac.ir
Web page address

Person responsible for scientific 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., Keshavarz Blvd
City
Tehran
Postal code
Phone
+98 21 6119 2282
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
Tehran University of Medical Sciences, Ghods St., Keshavarz Blvd
City
Tehran
Postal code
Phone
+98 21 6119 2282
Fax
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