Clinical Trial Protocol
Iranian Registry of Clinical Trials

17 Sep 2026

The Effect of 6 Weeks Beta- alanine Supplementation on Exhaustion Time in Sedentary Overweight Women

Protocol summary

Summary

The present study is a randomized controlled trial. Forty sedentary overweight women are included in the study.The participants are divided to two groups: control group (CG) and supplement group (SG). Both groups will receive healthy nutrition education, but SG will receive beta alanin supplement in tablets 6 gr/day divided in to times per day and CG will receive placebo tablets during 6 weeks. In the beginning of the study and after 6 weeks, the anthropometric assessments and performance tests will be done. The anthropometric assessments include height, weight, body mass index, abdominal circumference and skin fold thickness. The body composition will be assessed with bio-impedance analyzer device. The performance test will be done on treadmill with ramp protocol till exhaustion of participants. The data in the beginning and end of the trail will be compared and analyzed in SPSS software.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT201609077903N8**
Registration date: **2016-09-30, 1395/07/09**
Registration timing: **registered_while_recruiting**

Last update:
Update count: **0**

Registration date

2016-09-30, 1395/07/09

Registrant information

Name
Zahra Alizadeh
Name of organization / entity
Tehran University of Medical Sciences
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Iran (Islamic Republic of)
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Recruitment status

Recruitment complete

Funding source

Tehran University of Medical Sciences

Expected recruitment start date

2016-08-22, 1395/06/01

Expected recruitment end date

2017-02-19, 1395/12/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The Effect of 6 Weeks Beta- alanine Supplementation on Exhaustion Time in Sedentary Overweight Women

Public title

The effect of Beta -alanin supplementation on exhaustion time

Purpose

Prevention

Inclusion/Exclusion criteria

Inclusion criteria:Female sex; 20 to 45 years old; 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. Exclusion criteria: Musculoskeletal problems; pregnancy; lack of desire to cooperation.

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: **40**
Randomization (investigator's opinion)
Randomized
Randomization description
Blinding (investigator's opinion)
Triple blinded
Blinding description
Placebo
Used
Assignment
Parallel
Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee
Name of ethics committee
Ethics Committee of 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
2015-12-08, 1394/09/17
Ethics committee reference number
IR.TUMS.REC.1394.1367

Health conditions studied

1

Description of health condition studied
Obesity
ICD-10 code
(E65,E66)
ICD-10 code description
Obesity and other hyperalimentation

Primary outcomes

1

Description
Time to exhaustion
Timepoint
Befor and after
Method of measurement
Ramp test

Secondary outcomes

1

Description
Body composition change
Timepoint
Before and after
Method of measurement
bio-Impedance device

Intervention groups

1

Description
Beta alanin supplement, 6 gram per day, divided in 4 doses, 6 weeks
Category
Treatment - Drugs

2

Description
Placebo, four times per day, 6 weeks
Category
Placebo

Recruitment centers

1

Recruitment center
Name of recruitment center
Emam khomeini Hospital
Full name of responsible person
Sara Hooshmand
Street address
Sports Medicine Department,Emam khomeini Hospital,Tehran
City
Tehran

Sponsors / Funding sources

1

Sponsor
Name of organization / entity
Vice chancellor for research,Tehran University of Medical Sciences
Full name of responsible person
Moammaee Haajar
Street address
The Center 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
Vice chancellor for research,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
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Person responsible for updating data

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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