

Clinical Trial Protocol

Iranian Registry of Clinical Trials

16 Jul 2026

Effects of combined selective aerobic moderate intensity exercises and soya intake on decrease of blood lipids and obesity at inactive obese postmenopausal women

Protocol summary

Summary

The objective of this study was to assess the effects of combined selective short aerobic moderate intensity exercise and soya intake on blood lipids and obesity of inactive obese postmenopausal women. Fifty six inactive obese postmenopausal women with BMI greater than 30 kg/m² were recruited from women of uremia and were randomly in four groups: participating in training with soy consumption ,participating in training, soy consumption and control group. Exercise training were performed for 10 weeks and 3 sessions per week with 60 minutes and the range of 60-70% maximum heart rate . The subjects of soya and training -soya group intake 100 gram soya nut daily for 10 weeks. body mass index, body fat percent & waist to hip ratio were Measured at baseline and 10 weeks after exercise and soya intake. at baseline and 10 weeks after exercise and soya intake for biochemical measurements, after 12 to 14 hours overnight fasting, blood samples were taken for biochemical analysis, including cholesterol, triglycerides, LDL-C & HDL-C of fasting plasma samples.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT201112258518N1**
Registration date: **2012-02-12, 1390/11/23**
Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2012-02-12, 1390/11/23

Registrant information

Name

Azam Zarneshan

Name of organization / entity

Azarbaijan University of Tarbiat Moallem

Country

Iran (Islamic Republic of)

Phone

+98 41 2432 7505

Email address

zarneshan@azarunive.edu

Recruitment status

Recruitment complete

Funding source

Azarbaijan University of Tarbiat Moallem

Expected recruitment start date

2010-12-28, 1389/10/07

Expected recruitment end date

2011-06-02, 1390/03/12

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Effects of combined selective aerobic moderate intensity exercises and soya intake on decrease of blood lipids and obesity at inactive obese postmenopausal women

Public title

Effects of exercise and soya intake on decrease of blood lipids and obesity at inactive obese postmenopausal women

Purpose

Health service research

Inclusion/Exclusion criteria

Inclusion criteria: postmenopausal; obesity; inactive

Exclusion criteria: having Thyroid, Kidney, cardiovascular

and diabetes diseases; intake special drug and supplementation; irregular presence in training; irregular soy consumption.

Age

No age limit

Gender

Female

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: 56

Randomization (investigator's opinion)

Randomized

Randomization description**Blinding (investigator's opinion)**

Single blinded

Blinding description**Placebo**

Not used

Assignment

Other

Other design features**Secondary Ids**

empty

Ethics committees**1****Ethics committee****Name of ethics committee**

Tabriz University of Medical Sciences

Street address

Tabriz University of Medical Sciences, Imam Khomeini Street, Tabriz, IRAN

City

Tabriz

Postal code

5166616471

Approval date

2012-01-16, 1390/10/26

Ethics committee reference number

9071

Health conditions studied**1****Description of health condition studied**

N/A

ICD-10 code

-

ICD-10 code description

-

Primary outcomes**1****Description**

blood lipids

Timepoint

Pre and post 10 week protocol

Method of measurement

biochemical measurements on blood sample

Secondary outcomes**1****Description**

obesity

Timepoint

Pre and post 10 week protocol

Method of measurement

Body Composition Monitor Device

Intervention groups**1****Description**

Exercise training with soy consumption in Exercise-soya group. Aerobic exercise training that Includes of aerobic exercises, jogging, running with moderate intensity, sit and reach and flexibility were performed for 10 weeks and 3 sessions per week with 60 minutes and the range of 60-70% maximum heart rate. The subjects intake 100 gram soya nut daily for 10 weeks.

Category

Lifestyle

2**Description**

Exercise training in Exercise group. Aerobic exercise training that Includes of aerobic exercises, jogging, running with moderate intensity, sit and reach and flexibility were performed for 10 weeks and 3 sessions per week with 60 minutes and the range of 60-70% maximum heart rate

Category

Lifestyle

3**Description**

soya intake in soya group was 100 gram soya nut daily for 10 weeks.

Category

Lifestyle

4**Description**

no participate and no soy intake in control group for 10 weeks.

Category
Lifestyle

Recruitment centers

1

Recruitment center

Name of recruitment center

Azerbaijani University of Tarbiat Moallem

Full name of responsible person

Azam Zarneshan

Street address

Azarbaijan University of Tarbiat Moallem, 35 km Road
Tabriz-Maragheh, Tabriz, East Azarbaijan Provin

City

Tabriz

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Azarbaijan University of Tarbiat Moallem

Full name of responsible person

Azam zarneshan

Street address

Azarbaijan University of Tarbiat Moallem, 35 km Road
Tabriz-Maragheh, Tabriz, East Azarbaijan Provin

City

Tabriz

Grant name

Grant code / Reference number

Is the source of funding the same sponsor organization/entity?

Yes

Title of funding source

Azarbaijan University of Tarbiat Moallem

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

Azerbaijani University of Tarbiat Moallem

Full name of responsible person

Azam Zarneshan

Position

Master's degree in sports physiolog/faculty member

Other areas of specialty/work

Street address

Azarbaijan University of Tarbiat Moallem, 35 km Road
Tabriz-Maragheh, Tabriz, East Azarbaijan Province,
Iran

City

Tabriz

Postal code

5375171379

Phone

+98 41 2432 7505

Fax

+98 41 2432 7522

Email

zarneshan@azaruniv.edu

Web page address

Person responsible for scientific inquiries

Contact

Name of organization / entity

Azerbaijan University of Tarbiat Moallem

Full name of responsible person

Azam Zarneshan

Position

Master of Exercise Physiology

Other areas of specialty/work

Street address

Azarbaijan University of Tarbiat Moallem, 35 km Road
Tabriz-Maragheh, Tabriz, East Azarbaijan Provin

City

Tabriz

Postal code

5375171379

Phone

+98 41 2432 7505

Fax

+98 41 2432 7522

Email

zarneshan@azaruniv.edu

Web page address

Person responsible for updating data

Contact

Name of organization / entity

Azarbaijan University of Tarbiat Moallem

Full name of responsible person

Azam Zarneshan

Position

Master of Exercise Physiology/faculty member

Other areas of specialty/work

Street address

Azarbaijan University of Tarbiat Moallem, 35 km Road
Tabriz-Maragheh, Tabriz, East Azarbaijan Province,
Iran

City

Tabrize

Postal code

5375171379

Phone

+98 41 2432 7505

Fax

+98 41 2432 7522

Email

zarneshan@azaruniv.edu

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