Clinical Trial Protocol
Iranian Registry of Clinical Trials

16 Sep 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)

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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 spesial drug and supplementation; irregular presence in training; irregular soy consumptio.

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

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Tabriz

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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
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Sponsors / Funding sources

1

Sponsor
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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
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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