

Clinical Trial Protocol

Iranian Registry of Clinical Trials

28 Jun 2026

The Effects of Twelve Weeks Regular Aerobic Exercises on Serum Levels of Lipid Profile, Aerobic Power and Indices of Body Composition in Non Athletics Women with Mental Retardation

Protocol summary

Summary

The aim of this study was to investigate the effects of twelve weeks regular aerobic exercises on serum levels of lipid profile, aerobic power and indices of body composition in non athletics women with mental retardation. Twenty-two women with mental retardation by 50 to 75 IQ percent who were randomly assigned into aerobic exercise training (n=10) and control group (n=12). The exercise protocol included aerobic (endurance) exercise training for 12 weeks and 3 sessions per week and every session lasted to 60 minutes and with intensity of 60-80 percent of heart rate reserve. Control group did not participate in any exercise training. Primary outcome measure was aerobic training.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT201208068863N2**

Registration date: **2012-09-15, 1391/06/25**

Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2012-09-15, 1391/06/25

Registrant information

Name

Keyvan Hejazi

Name of organization / entity

Ferdowsi University of Mashhad

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Recruitment status

Recruitment complete

Funding source

Deputy Research, Ferdowsi University of Mashhad

Expected recruitment start date

2009-07-23, 1388/05/01

Expected recruitment end date

2009-10-23, 1388/08/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The Effects of Twelve Weeks Regular Aerobic Exercises on Serum Levels of Lipid Profile, Aerobic Power and Indices of Body Composition in Non Athletics Women with Mental Retardation

Public title

The Effect of Exercise on Mental Retardation disease

Purpose

Diagnostic

Inclusion/Exclusion criteria

Inclusion Criteria: Female; Age: 20-28-year; Sedentary life style; Without significant weight reduction in recent six months. Exclusion criteria: Doing regular exercise during the last six months; Medical problem; Drug using

Age

From **20 years** old to **28 years** old

Gender

Female

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: 22

Randomization (investigator's opinion)

Randomized

Randomization description

Blinding (investigator's opinion)

Not blinded

Blinding description

Placebo

Not used

Assignment

Parallel

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Ferdowsi University of Mashhad

Street address

Physical Education Faculty, Ferdowsi University of Mashhad, Paradise Daneshgah, Azadi Square

City

Mashhad

Postal code

Approval date

2009-07-23, 1388/05/01

Ethics committee reference number

286311

2

Ethics committee

Name of ethics committee

Ferdowsi University of Mashhad

Street address

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City

Mashhad

Postal code

9177948979

Approval date

2010-08-20, 1389/05/29

Ethics committee reference number

286311

Health conditions studied

1

Description of health condition studied

Mentally retarded

ICD-10 code

F70-F79

ICD-10 code description

Mental retardation

Primary outcomes

1

Description

Weight

Timepoint

48 hours before exercise program and 48 hours after the last session after 3 months exercise

Method of measurement

Kg

2

Description

Body Mass Index

Timepoint

48 hours before exercise program and 48 hours after the last session after 3 months exercise

Method of measurement

Kg/M2

3

Description

WHR

Timepoint

48 hours before exercise program and 48 hours after the last session after 3 months exercise

Method of measurement

Cm

4

Description

Body Fat Percent

Timepoint

48 hours before exercise program and 48 hours after the last session after 3 months exercise

Method of measurement

%

5

Description

TG

Timepoint

48 hours before exercise program and 48 hours after the last session after 3 months exercise

Method of measurement

mg/dL

6

Description

Chol

Timepoint

48 hours before exercise program and 48 hours after the

last session after 3 months exercise
Method of measurement
mg/dL

7

Description
HDL-C
Timepoint
48 hours before exercise program and 48 hours after the last session after 3 months exercise
Method of measurement
mg/dL

8

Description
LDL-C
Timepoint
48 hours before exercise program and 48 hours after the last session after 3 months exercise
Method of measurement
mg/dL

9

Description
VO2max
Timepoint
48 hours before exercise program and 48 hours after the last session after 3 months exercise
Method of measurement
ml.kg.min-1

Secondary outcomes

1

Description
Height
Timepoint
48 hours before exercise program and 48 hours after the last session after 3 months exercise
Method of measurement
48 hours before exercise program and 48 hours after the last session after 3 months exercise

Intervention groups

1

Description
The exercise protocol included aerobic (endurance) exercise training lasted to 3 months and 3 sessions per week and every session lasted to 60 minutes and with intensity of 60-80 percent of heart rate reserve
Category
Other

2

Description

control:Lack of exercise participation
Category
Diagnosis

Recruitment centers

1

Recruitment center
Name of recruitment center
Rehabilitation Centre for Girls Fath Almobyin
Full name of responsible person
keyvan Hejazi
Street address
City
Mashhad

Sponsors / Funding sources

1

Sponsor
Name of organization / entity
Deputy Research Ferdowsi University of Mashhad
Full name of responsible person
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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
Deputy Research Ferdowsi University of Mashhad
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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Full name of responsible person
Dr.Nahid Bijeh
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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