Clinical Trial Protocol
Iranian Registry of Clinical Trials

07 Nov 2026

Comparison the effects of a period of concurrent training on some physical fitness factors, body composition and blood biochemical parameters and glucose homeostasis and leptin,cortisol and testosterone and levels of inflammatory and coagulation markers with normal weight and obese

Protocol summary

Summary
The main objective of this researchComparison the effects of a period of concurrent training on some physical fitness factors, body composition and blood biochemical parameters and glucose homeostasis and leptin,cortisol and testosterone and levels of inflammatory and coagulation markers with normal weight and obese Design: Is a prevention trial. How do 30girls 15-13 years Voluntarily In this study, there will be Which is based on objective In two groups 15 people Normal weigh and Obese Divided. Exclusion criteria: Unwillingness to participate in research Interventions: Subjects For 6 weeks in Schedule At the same time exercise endurance and Pilates Will participate. Changes the primary outcome: Glucose homeostasis, Blood biochemical parameters and leptin,cortisol and testosterone and levels of inflammatory and coagulation markers , Fitness tests Contains : Shuttle run test and Wingate Also Body Composition Will be examined

General information

Acronym

IRCT registration information
IRCT registration number: **IRCT2016022222498N7**
Registration date: **2016-09-13, 1395/06/23**
Registration timing: **retrospective**

Last update:
Update count: **0**

Registration date
2016-09-13, 1395/06/23

Registrant information

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Ramin Shabani
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Islamic Azad University
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Recruitment status
Recruitment complete

Funding source
Vice Chancelior of Reserch,University of Islamic Azad,RashtBrach

Expected recruitment start date
2015-06-22, 1394/04/01
Expected recruitment end date
2015-07-23, 1394/05/01
Actual recruitment start date
empty
Actual recruitment end date
empty
Trial completion date
empty

Scientific title
Comparison the effects of a period of concurrent training on some physical fitness factors, body composition and blood biochemical parameters and glucose homeostasis and leptin,cortisol and testosterone and levels of inflammatory and coagulation markers with normal weight and obese

Public title

Comparison the effects of a period of concurrent training on some physical fitness factors, body composition and blood biochemical parameters and glucose homeostasis and leptin,cortisol and testosterone and levels of inflammatory and coagulation markers with normal weight and obese female students

Purpose
Prevention

Inclusion/Exclusion criteria
Inclusion criteria: female students aged13to15 years old; and with normal weight and obese Exclusion criteria: Unwillingness to participate.

Age
From **81 years** old to **79 years** old

Gender
Female

Phase
N/A

Groups that have been masked
No information

Sample size
Target sample size: **30**

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
Ethics Committee of Islamic Azad University, Rasht, Science and R

Street address
Lakan Gate, Azad University Of Rasht Branch, Guilan

City
Rasht

Postal code

Approval date
2015-08-11, 1394/05/20

Ethics committee reference number
IR.IAU.RASHT.REC.1395.5

Health conditions studied

1

Description of health condition studied
Obesity

ICD-10 code
E66.0

ICD-10 code description
Obesity due to excess calories

Primary outcomes

1

Description
Insulin resistance

Timepoint
Before and after 6 Weekexerciese

Method of measurement
it was measured with HOMA-IR index

2

Description
Insulin

Timepoint
Before and after 6 Weekexerciese

Method of measurement
Accordingmg/dl and Blood samples

3

Description
Fasting blood glu cosse

Timepoint
Before and after 6 Weekexerciese

Method of measurement
Accordingmg/dl and Blood samples

4

Description
Total Cholesterol

Timepoint
Before and after 6 Weekexerciese

Method of measurement
Accordingmg/dl and Blood samples

5

Description
Triglycerides

Timepoint
Before and after 6 Weekexerciese

Method of measurement
Accordingmg/dl and Blood samples

6

Description
High-densityLipoprotein

Timepoint
Before and after 6 Weekexerciese

Method of measurement
Accordingmg/dl and Blood samples

7

Description
Low-densityLipoprotein
Timepoint
Before and after 6 Weekexerciese
Method of measurement
Accordingmg/dl and Blood samples

8

Description
Cortisol
Timepoint
Before and after 6 Weekexerciese
Method of measurement
Specific Kits

9

Description
Testosterone
Timepoint
Before and after 6 Weekexerciese
Method of measurement
Specific Kits

10

Description
Leptin
Timepoint
Before and after 6 Weekexerciese
Method of measurement
Specific Kits

11

Description
Inflammatory markers and coagulation
Timepoint
Before and after 6 Weekexerciese
Method of measurement
Specific Kits

12

Description
Fibrinogen
Timepoint
Before and after 6 Weekexerciese
Method of measurement
Specific Kits

13

Description
Hs-CRP
Timepoint
Before and after 6 Weekexerciese
Method of measurement
Specific Kits

14

Description
CBC
Timepoint
Before and after 6 Weekexerciese
Method of measurement
Specific Kits

Secondary outcomes

1

Description
Fitness Indicators
Timepoint
Befor Exercise Training-6Week after Excercise Training
Method of measurement
Shattel run Test-wingate Test

2

Description
Body composition
Timepoint
Befor Exercise Training-6Week after Excercise Training
Method of measurement
BMI-WHR-BF%

Intervention groups

1

Description
6 weeks endurance and pilates concurrent Exercises
Category
N/A

Recruitment centers

1

Recruitment center
Name of recruitment center
Education
Full name of responsible person
Najmeh Abbaspour
Street address
Lakan, Rasht
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Sponsors / Funding sources

1

Sponsor
Name of organization / entity
Vice chancellor for research, University of Islamic Azad, Science and Research of Rasht branch
Full name of responsible person
Dr Ramin Shabani

Street address
Lakan Gate, Azad University, Rasht Branch
City
Rasht
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, University of Islamic Azad, Science and Research of Rasht branch
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

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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