Clinical Trial Protocol
Iranian Registry of Clinical Trials

07 Nov 2026

Effect of aerobic exercise and green tea supplementation on body composition, and cardio metabolic risk factors of overweight and obese women.

Protocol summary

Study aim

Assessing the effect of aerobic exercise and green tea supplementation on body composition, and cardio metabolic risk factors of overweight and obese women

Design

In this research, 39 overweight and obese women will be select and randomly divide in to three equal groups including aerobic- group, aerobic combine with green tea consumption and control groups.

Settings and conduct

The present study is a semi-experimental study on the women of city of Lasht-e Nesha . Aerobic training will be conducting three time per week and green tea will be consuming on a daily basis. The study duration will be eight weeks. The level of fasting blood sugar, blood lipid, Rest heart rate, blood pressure and body composition will be measuring before and after the end of interventions period

Participants/Inclusion and exclusion criteria

The woman age ranges of 22-34 years old have overweight or obese not have cardiovascular or orthopedic disorders No regular exercise

Intervention groups

Aerobic training group: eight weeks, three times per week, each session consist of 80-90 min , with intensity 40- 80% target heart rate Aerobic training combine with green tea consumption: Aerobic training combine with green tea consumption: eight weeks, three time training (Similar to aerobic training group) combine with daily consumption of 33 mg green tea (After three main meal) Control group: no intervention will be conducting.

Main outcome variables

fasting blood sugar, blood lipid, Rest heart rate, blood pressure and body composition

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20150531022498N17**
Registration date: **2018-02-07, 1396/11/18**
Registration timing: **retrospective**

Last update: **2018-02-07, 1396/11/18**
Update count: **0**

Registration date

2018-02-07, 1396/11/18

Registrant information

Name
Ramin Shabani
Name of organization / entity
Islamic Azad University
Country
Iran (Islamic Republic of)
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shabani@iaurasht.ac.ir

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2016-05-21, 1395/03/01

Expected recruitment end date

2016-08-21, 1395/05/31

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title
Effect of aerobic exercise and green tea supplementation on body composition, and cardio metabolic risk factors of overweight and obese women.

Public title
Effect of aerobic exercise and green tea supplementation in overweight and obese women.

Purpose
Prevention

Inclusion/Exclusion criteria

Inclusion criteria:
The woman age ranges of 22-34 years old have overweight or obese not have cardiovascular or orthopedic disorders No regular exercise

Exclusion criteria:
More than three session absence from the training

Age
From **20 years** old to **40 years** old

Gender
Female

Phase
2-3

Groups that have been masked
No information

Sample size
Target sample size: **39**

Randomization (investigator's opinion)
Randomized

Randomization description
En Assigning samples using Simple random-lottery method

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
Ethics Committee of Islamic Azad University Rasht Branch

Street address
Islamic Azad University Rasht Branch, Taleshan Bridge, Rasht

City
Rasht

Province
Guilan

Postal code
۴۱۴۷۶۵۴۹۱۹

Approval date
2016-09-18, 1395/06/28

Ethics committee reference number
IR.IAU. RASHT.REC.1395.25

Health conditions studied

1

Description of health condition studied
Overweight and obese women

ICD-10 code
E66.0

ICD-10 code description
Obesity due to excess calories

Primary outcomes

1

Description
Fasting Blood Glucose

Timepoint
Before and after the end of interventions

Method of measurement
Serum levels using Glucose oxidase / per oxidase method (mg/dl)

2

Description
Total cholesterol

Timepoint
Before and after the end of interventions

Method of measurement
Serum levels using photo metric method (mg/dl)

3

Description
Low density cholesterol

Timepoint
Before and after the end of interventions

Method of measurement
Serum levels using photo metric method (mg/dl)

4

Description
High density cholesterol

Timepoint
Before and after the end of interventions

Method of measurement
Serum levels using photo metric method (mg/dl)

5

Description
Triglyceride

Timepoint

Before and after the end of interventions

Method of measurement

Serum levels using photo metric method (mg/dl)

6

Description

Rest heart rate

Timepoint

Before and after the end of interventions

Method of measurement

By measuring the pulse

7

Description

Blood pressure

Timepoint

Before and after the end of interventions

Method of measurement

Pressure device

Secondary outcomes

1

Description

Body composition

Timepoint

Before and after the end of interventions

Method of measurement

Using weight, body mass index, waist to hip ratio and fat percent

Intervention groups

1

Description

Aerobic training group: eight weeks, three times per week, each session consist of 80-90 min , with intensity 40- 80% target heart rate

Category

Prevention

2

Description

Aerobic training combine with green tea consumption:Aerobic training combine with green tea consumption: eight weeks, three time training (Similar to aerobic training group) combine with daily consumption of 33 mg green tea (After three main meal)

Category

Prevention

3

Description

Control group: no intervention will be conducting.

Category

Other

Recruitment centers

1

Recruitment center

Name of recruitment center

Lasht-Nesha city

Full name of responsible person

Hajar Amozadeh

Street address

Lasht-Nesha, Guilan, Iran

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Islamic Azad University

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

Islamic Azad University

Proportion provided by this source

100

Public or private sector

Public

Domestic or foreign origin

Domestic

Category of foreign source of funding

empty

Country of origin

Type of organization providing the funding

Persons

Person responsible for general inquiries

Contact

Name of organization / entity
Islamic Azad University

Full name of responsible person
Hajar Amozadeh

Position
Master

Latest degree
Master

Other areas of specialty/work
Physical education

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Person responsible for scientific inquiries

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Person responsible for updating data

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Sharing plan

Deidentified Individual Participant Data Set (IPD)
Undecided - It is not yet known if there will be a plan to make this available

Study Protocol
Undecided - It is not yet known if there will be a plan to make this available

Statistical Analysis Plan
Undecided - It is not yet known if there will be a plan to make this available

Informed Consent Form
Undecided - It is not yet known if there will be a plan to make this available

Clinical Study Report
Undecided - It is not yet known if there will be a plan to make this available

Analytic Code
Undecided - It is not yet known if there will be a plan to make this available

Data Dictionary
Undecided - It is not yet known if there will be a plan to make this available