

Clinical Trial Protocol

Iranian Registry of Clinical Trials

10 Jun 2026

The effect of exercise during hemodialysis on health promoting behaviors of hemodialysis patients

Protocol summary

Study aim

The effect of exercise during dialysis on health promotion behaviors in patients undergoing hemodialysis

Design

A controlled clinical trial with a parallel group design of 60 patients

Settings and conduct

study setting: hemodialysis centers belonging to Isfahan University of Medical Sciences including dialysis department of AL-zahra hospital and dialysis center of Nour and aliasghar. How to do the study: Patients will be divided into two groups of intervention and control. The intervention group will exercise for 30 minutes. Health promotion behaviors questionnaire will be completed by them. The control group will receive simple exercise and will complete the questionnaire of Health promotion behaviors. This work will be done for 8 weeks.

Participants/Inclusion and exclusion criteria

Inclusion criteria: age between 18 and 65 years, Having full consciousness and being able to listen and speak to answer to questions, Having history of hemodialysis more than 3 months, Having 3 dialysis sessions per week. Exclusion criteria: having physical and mental disabilities, having known ischemic heart disease, heart attacks and angina during the last three months, suffering from acute pulmonary disease and needing for oxygen during dialysis, having a history of stroke or ischemic attacks over the last 3 months, suffering from muscle disorders that prevent Intended exercise

Intervention groups

Intervention group: the intervention group will participate in an exercise program. In this program, they will exercise in 2 courses (30 minutes) and between these courses, the patient will rest for 30 minutes. This exercise is done for 8 weeks, three times a week. Control group: The patients will receive simple exercise (10 minutes), 3 times a week for 8 weeks.

Main outcome variables

The health promotion behaviors

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20150116020675N3**

Registration date: **2019-01-18, 1397/10/28**

Registration timing: **retrospective**

Last update: **2019-01-18, 1397/10/28**

Update count: **0**

Registration date

2019-01-18, 1397/10/28

Registrant information

Name

Alireza Dashti

Name of organization / entity

Alzahra Hospital

Country

Iran (Islamic Republic of)

Phone

+98 31 3620 1322

Email address

alireza_dashti@nm.mui.ac.ir

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2018-07-02, 1397/04/11

Expected recruitment end date

2018-09-02, 1397/06/11

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effect of exercise during hemodialysis on health promoting behaviors of hemodialysis patients

Public title

The effect of exercise during hemodialysis on health promoting behaviors

Purpose

Supportive

Inclusion/Exclusion criteria**Inclusion criteria:**

being age between 18 and 65 year Having full consciousness and being able to listen and speak to answer to questions Having history of hemodialysis more than 3 months Having 3 dialysis sessions per week

Exclusion criteria:

having physical and mental disabilities having known ischemic heart disease, heart attacks and angina during the last three months suffering from acute pulmonary disease and needing for oxygen during dialysis having a history of stroke or ischemic attacks over the last 3 months suffering from skeletal muscle disorders that prevent Intended exercise

Age

From **18 years** old to **65 years** old

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **60**

Randomization (investigator's opinion)

Not randomized

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

Not blinded

Blinding description**Placebo**

Not used

Assignment

Other

Other design features**Secondary Ids**

empty

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

•Ethics committee of Isfahan University of Medical Sciences

Street address

Hezarjarib Ave.

City

Isfahan

Province

Isfahan

Postal code

81746734461

Approval date

2018-07-01, 1397/04/10

Ethics committee reference number

IR.MUI.RESEARCH.REC.1397.014

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

Chronic kidney disease

ICD-10 code

N18.5

ICD-10 code description

Chronic kidney disease, stage 5

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

health promoting behaviors

Timepoint

At the beginning of the study, 8 weeks after the beginning of the intervention

Method of measurement

health promoting behaviors questionnaire

Secondary outcomes

empty

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

Intervention group: the intervention group will participate in a exercise program. In this program, they will exercise in 2 courses (30 minute) and between these courses, the patient will rest for 30 minute. This exercise is done by fixed bike. The intensity of the exercise will depend on the machine rotation round and is selected by patient. This exercise is done for 8 weeks, three times a week.

Category

Other

2**Description**

Control group: The patients will receive a simple exercise (10 minute), 3 times a week for 8 weeks.

Category

Other

Recruitment centers

1

Recruitment center

Name of recruitment center

Alzahra hospital

Full name of responsible person

Alireza Dashti Dehkordi

Street address

Soffeh Blvd.

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Esfahan University of Medical Sciences

Full name of responsible person

Nahid Shahgholian

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Hezarjarib Ave.

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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

Esfahan University of Medical Sciences

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**

Academic

Person responsible for general inquiries

Contact

Name of organization / entity

Esfahan University of Medical Sciences

Full name of responsible person

Alireza Dashti Dehkordi

Position

Nurse

Latest degree

Master

Other areas of specialty/work

Nursery

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Person responsible for scientific inquiries

Contact

Name of organization / entity

Esfahan University of Medical Sciences

Full name of responsible person

Nahid Shahgholian

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Person responsible for updating data

Contact

Name of organization / entity

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Full name of responsible person

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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