# Clinical Trial Protocol
# Iranian Registry of Clinical Trials

06 Nov 2026

## The Effect of 8 Weeks Endurance, Resistance and Combined Isocaloric Trainings on Lipoprotein and Weight Loss in Overweight Women

## Protocol summary


**Study aim**
The effects of 8 weeks of isocaleric endurance, resistance and combination training on lipoprotein and weight loss in overweight women

**Design**
The subjects of this study were selected from female students of Razi University of Kermanshah. In this regard, 60 volunteers who are willing to participate in the research and have the necessary conditions to enter the study will be randomly selected in 4 groups of 15 people to complete the research.

**Settings and conduct**
The subjects of this study were selected from female students of Razi University of Kermanshah. In this regard, 60 volunteers who are willing to participate in the research and have the necessary conditions to enter the study will be randomly selected in 4 groups of 15 people to complete the research.

**Participants/Inclusion and exclusion criteria**
1. Overweight women with a body mass index of 25-30. 2. No cardiovascular and metabolic diseases. 3. Lack of affecting musculoskeletal injuries in the exercise process. 4. Lack of track record in regular exercise. 5. No smoking and alcoholic beverages. 6. Volunteer to participate in the research.

**Intervention groups**
Three types of training including endurance training, resistance training, combined exercise (resistance and endurance) and control group without exercise intervention

**Main outcome variables**
Losing weight, lowering blood fat, lowering body mass index


## General information

**Reason for update**

**Acronym**

**IRCT registration information**


IRCT registration number: **IRCT20191205045615N1**
Registration date: **2019-12-28, 1398/10/07**
Registration timing: **registered_while_recruiting**

Last update: **2019-12-28, 1398/10/07**
Update count: **0**


**Registration date**
2019-12-28, 1398/10/07

**Registrant information**


**Name**
shaida saydi
**Name of organization / entity**
**Country**
Iran (Islamic Republic of)
**Phone**
+98 83 3432 7385
**Email address**
sh.60101@gmail.com


**Recruitment status**
**Recruitment complete**

**Funding source**

**Expected recruitment start date**
2019-12-22, 1398/10/01

**Expected recruitment end date**
2020-01-21, 1398/11/01

**Actual recruitment start date**
empty

**Actual recruitment end date**
empty

**Trial completion date**
empty

**Scientific title**
The Effect of 8 Weeks Endurance, Resistance and Combined Isocaloric Trainings on Lipoprotein and Weight Loss in Overweight Women

**Public title**

Evaluation of three types of exercise on blood lipid profile and weight loss

**Purpose**

Health service research

**Inclusion/Exclusion criteria**

**Inclusion criteria:**

Overweight women with body mass index 25-30 Lack of cardiovascular and metabolic diseases.Lack of affecting Lack of track musculoskeletal injuries in the exercise process. record in regular exercise.No smoking and alcoholic beverages.Volunteer to participate in the research.

**Exclusion criteria:**

**Age**

From **19 years** old to **30 years** old

**Gender**

Female

**Phase**

N/A

**Groups that have been masked**

*No information*

**Sample size**

Target sample size: **60**

**Randomization (investigator's opinion)**

Randomized

**Randomization description**

Random Number Table

**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 Kurdestan University

**Street address**

nasaji

**City**

kermanshah

**Province**

Kermanshah

**Postal code**

6617753833

**Approval date**

2019-11-09, 1398/08/18

**Ethics committee reference number**

IR.UOK.REC.1398.031

## Health conditions studied

### 1

**Description of health condition studied**

Obesity

**ICD-10 code**

**ICD-10 code description**

## Primary outcomes

### 1

**Description**

blood cholesterol

**Timepoint**

Beginning and end of study

**Method of measurement**

blood test

### 2

**Description**

Tri glyceride

**Timepoint**

Beginning and end of study

**Method of measurement**

blood test

### 3

**Description**

High-density lipoprotein

**Timepoint**

Beginning and end of study

**Method of measurement**

blood test

### 4

**Description**

Low density lipoprotein

**Timepoint**

Beginning and end of study

**Method of measurement**

blood test

### 5

**Description**

BMI

**Timepoint**

Beginning and end of study

**Method of measurement**

Body composition test

### 6

**Description**

Weight

**Timepoint**

Beginning and end of study

**Method of measurement**

Body composition test

## Secondary outcomes

**1**

**Description**
"Obesity"
**Timepoint**
Before and immediately after the study
**Method of measurement**
Test Kit

## Intervention groups

**1**

**Description**
First Intervention Group, Aerobic Exercise Second Intervention Group, Resistance Exercise Third Intervention Group, Combined Exercise for 8 Weeks
**Category**
Treatment - Devices

**2**

**Description**
Control group: for 8 weeks
**Category**
Other

**3**

**Description**
Intervention group:The first intervention group is an endurance group that will burn 217 kcal of rubber on an ergometer bike for each session for 8 weeks.
**Category**
Other

**4**

**Description**
Intervention group: The second intervention group is a combination group that will perform endurance and endurance exercises for 8 weeks in one session with 217 kcal burn.
**Category**
Other

**5**

**Description**
Intervention group: The third intervention group is resistance training that will perform it for 8 weeks, with 217 kcal burn per session.
**Category**
Other

## Recruitment centers

**1**

**Recruitment center**
**Name of recruitment center**
Razi University
**Full name of responsible person**
Shaida Saydi
**Street address**
nasaji street
**City**
kermanshah
**Province**
Kermanshah
**Postal code**
6717753833
**Phone**
+98 83 3432 7385
**Email**
sh.60101@gmail.com

## Sponsors / Funding sources

**1**

**Sponsor**
**Name of organization / entity**
Sanandaj University of Medical Sciences
**Full name of responsible person**
dariush shaikh eslami
**Street address**
sanandaj
**City**
sanandaj
**Province**
Kurdistan
**Postal code**
6641864859
**Phone**
+98 83 3432 7385
**Email**
sh.60101@gmail.com
**Grant name**
**Grant code / Reference number**
**Is the source of funding the same sponsor organization/entity?**
No
**Title of funding source**
kurdestan university
**Proportion provided by this source**
1
**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**
University Kordestan

**Full name of responsible person**
Shaida Saydi

**Position**
student

**Latest degree**
Bachelor

**Other areas of specialty/work**
Physiology

**Street address**
Textile Street

**City**
Kermanshah

**Province**
Kermanshah

**Postal code**
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**Email**
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## Person responsible for scientific inquiries

**Contact**

**Name of organization / entity**
University Kordestan

**Full name of responsible person**
shaida saydi

**Position**
Student

**Latest degree**
Bachelor

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## Person responsible for updating data

**Contact**

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University Kordestan

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Shaida Saydi

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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