Clinical Trial Protocol
Iranian Registry of Clinical Trials

07 Nov 2026

Effects of 8 weeks resistance versus endurance training on plasma visfatin in middle-aged men

Protocol summary

Summary

The purpose of this study is to examine the effect of 8 weeks resistance versus endurance training on plasma visfatin in middle-aged men. Twenty eight healthy middle-aged men (age ranges of 30 - 52) with no period of training in the last 6 months, who are not suffering from cardiovascular and metabolic diseases with will be randomly allocated into three groups: control group (10 = n), resistance training group (9 = n) and endurance training group (9 = n). Initially the percentage of fat, plasma visfatin concentrations, waist to hip ratio and blood pressure will be measured in all these subjects. Then the resistance training will be performed 3 days per week at an intensity corresponding to 65–80% of one-repetition maximum, 8-12 repetitions and 2-4 sets for 8 weeks, Endurance training group, also, underwent an 8-week intervention, with a frequency of 3 days per week at an intensity corresponding to 65 – 80% maximum heart rate for 20 – 34 min. At the end of the interventions fat content, plasma concentrations visfatin, waist to hip ratio and blood pressure will be measured again and compared between the three groups. Comparisons will be made before and after the interventions in each group as well.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT138903254188N1**
Registration date: **2010-08-28, 1389/06/06**
Registration timing: **retrospective**

Last update:
Update count: **0**

Registration date

2010-08-28, 1389/06/06

Registrant information

Name
Amin Mohammadi Damieh
Name of organization / entity
Islamic Azad Univercity
Country
Iran (Islamic Republic of)
Phone
+98 74 2222 9358
Email address
aminmohammadi@iaug.ac.ir

Recruitment status

Recruitment complete

Funding source

Vice chancellor for Research, Islamic Azad University, Gachsaran

Expected recruitment start date

2009-12-22, 1388/10/01

Expected recruitment end date

2010-03-16, 1388/12/25

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Effects of 8 weeks resistance versus endurance training on plasma visfatin in middle-aged men

Public title

Effects of training(resistance versus endurance) on plasma visfatin

Purpose

Supportive

Inclusion/Exclusion criteria

Inclusion criteria: 1. Age between 30 and 52 years 2. No history of cardiac or metabolic disease 3. Subjects have not been in physical training in the last 6 month before

the study begins Exclusion criteria: 1. Uncooperative participants 2-Exacerbation of breathing problems.

Age
From **30 years** old to **52 years** old

Gender
Male

Phase
N/A

Groups that have been masked
No information

Sample size
Target sample size: **28**

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
Islamic Azad University Gachsaran Branch

Street address
Islamic Azad University Gachsaran Branch

City
Gachsaran

Postal code

Approval date
empty

Ethics committee reference number
01-24-5-47269

Health conditions studied

1

Description of health condition studied
plasma protein

ICD-10 code
R77

ICD-10 code description
Other abnormalities of plasma proteins

Primary outcomes

1

Description
Body fat percent

Timepoint
Prior to intervention, after the intervention

Method of measurement
Caliper

2

Description
Plasma visfatin concentration

Timepoint
Prior to intervention, after the intervention

Method of measurement
ELISA kits

3

Description
Waist to hip ratio (WHR)

Timepoint
Prior to intervention, after the intervention

Method of measurement
tape meter

Secondary outcomes

1

Description
Blood pressure

Timepoint
prior to intervention, after the intervention

Method of measurement
Mercury barometer

Intervention groups

1

Description
resistance training

Category
Lifestyle

2

Description
endurance training

Category
Lifestyle

3

Description
Did not do any excercise

Category
N/A

Recruitment centers

1

Recruitment center
Name of recruitment center
Islamic Azad University Gachsaran Branch
Full name of responsible person
Amin Mohammadi Damieh
Street address
City
Gachsaran

Sponsors / Funding sources

1

Sponsor
Name of organization / entity
Islamic Azad University Gachsaran Branch
Full name of responsible person
Seyed Saman Mousavian
Street address
Vice chancellor for Research, Islamic Azad University Gachsaran
City
Gachsaran
Grant name
Grant code / Reference number
Is the source of funding the same sponsor organization/entity?
Yes
Title of funding source
Islamic Azad University Gachsaran 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

Contact
Name of organization / entity
Islamic Azad University Gachsaran Branch
Full name of responsible person
Amin Mohammadi Damieh
Position
Faculty of Islamic Azad University Gachsaran, (MS)
Other areas of specialty/work
Street address
Islamic Azad University Gachsaran Branch, Iran
City
Gachsaran
Postal code
Phone
+98 74 2222 9358
Fax
Email
aminmohammadi@iaug.ac.ir
Web page address

Person responsible for scientific inquiries

Contact
Name of organization / entity
Islamic Azad University Shiraz Branch
Full name of responsible person
Mehrzad Maoghadasi
Position
Assistant professor in Islamic Azad University Shiraz Branch
Other areas of specialty/work
Street address
Islamic Azad University, Shiraz branch
City
Shiraz
Postal code
Phone
+98 71 1234 2024
Fax
Email
moghadasi39@yahoo.com
Web page address

Person responsible for updating data

Contact
Name of organization / entity
Full name of responsible person
Amin Mohammadi Damieh
Position
Other areas of specialty/work
Street address
City
Postal code
Phone
Fax
Email
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