

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

10 Jun 2026

### Effect of aerobic exercise on self-esteem in Iranian female adolescents covered by Welfare Organization

#### Protocol summary

##### Summary

Aim: This study will examine the effect of aerobic exercise on self-esteem among female adolescents supported by the welfare organization in Isfahan through designing and conducting an interventional study. Being of experimental type, the present research will do on intervention (exercising) and control groups through an equal and random allocation of samples among such groups using a quantitative approach. The sampling will perform through census method among female adolescents aging between 13-19 years old and supported by the Welfare organization. To collect data, Cooper-Smith Self-Esteem Questionnaire will use, , and such data will collect from the pre-test, the first post-test and the second post-test phases. Eventually, the collected data will analyze using descriptive and inferential statistical methods.

#### General information

##### Acronym

##### IRCT registration information

IRCT registration number: **IRCT2014061818141N1**

Registration date: **2014-09-16, 1393/06/25**

Registration timing: **retrospective**

Last update:

Update count: **0**

##### Registration date

2014-09-16, 1393/06/25

##### Registrant information

##### Name

Marzieh Hasanpour

##### Name of organization / entity

Isfahan University of Medical Sciences

##### Country

Iran (Islamic Republic of)

##### Phone

+98 31 3792 2909

##### Email address

hasanpour@nm.mui.ac.ir

##### Recruitment status

**Recruitment complete**

##### Funding source

Isfahan University of Medical Sciences, Vice chancellor for Research

##### Expected recruitment start date

2013-06-14, 1392/03/24

##### Expected recruitment end date

2013-08-13, 1392/05/22

##### Actual recruitment start date

empty

##### Actual recruitment end date

empty

##### Trial completion date

empty

##### Scientific title

Effect of aerobic exercise on self-esteem in Iranian female adolescents covered by Welfare Organization

##### Public title

Effect of aerobic exercise on self-esteem in Iranian female adolescents covered by Welfare Organization

##### Purpose

Supportive

##### Inclusion/Exclusion criteria

Inclusion Criteria: Unattended Female Adolescents Covered by Welfare Organization; 13-19 years old; living in Pseudo- family Centers; Psychological and Physical Health of Participants; being Pupil Exclusion Criteria: Leaving pseudo-family centers more than one month during the study; Not participating in the practice sessions more than 3 times; Participate in the others professional exercises during the study; participating in the practice sessions as irregular; History of Rape; History of Using anti-psychotic drugs

**Age**

From **13 years** old to **19 years** old

**Gender**

Female

**Phase**

N/A

**Groups that have been masked**

*No information*

**Sample size**

Target sample size: **66**

**Randomization (investigator's opinion)**

Randomized

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

Single blinded

**Blinding description****Placebo**

Not used

**Assignment**

Parallel

**Other design features****Secondary Ids**

empty

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

Isfahan University of Medical Sciences

**Street address**

Isfahan University of Medical Sciences, Hezar jerib St.

**City**

Isfahan

**Postal code****Approval date**

2013-07-10, 1392/04/19

**Ethics committee reference number**

392088

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

Self-esteem

**ICD-10 code**

Z61.3

**ICD-10 code description**

Events resulting in loss of self-esteem in childhood

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

Self Esteem

**Timepoint**

Pre-test, First Immediate and after one month post test

**Method of measurement**

Cooper-Smith Self-Esteem Questionnaire

**Secondary outcomes**

empty

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

Intervention Group: Aerobic exercise, Intervention will perform for 8 weeks, 3 sessions per week, and 60 minutes each session (warming up, aerobics, and cooling down), warming up and cooling down took 10 minutes each, and aerobic exercise lasted 40 minutes. During warming up with stretch moves, music will play at a soft rhythm, which gathered pace with movements. Cooling down include stretch moves with slow rhythm. Music will so select to use up 60% to 80% of reserved hear rate in subjects. Subjects' heart rate during exercise will control through wrist pulse, and reserved heart rate (HRR) will calculate using Caronin formula

**Category**

Lifestyle

**2****Description**

Control Group: No Intervention

**Category**

N/A

**Recruitment centers****1****Recruitment center****Name of recruitment center**

Pseudo-family Centers across Isfahan City

**Full name of responsible person**

Dr Marzieh Hasanpour

**Street address**

Pediatric Department, Nursing and Midwifery School, Isfahan University of Medical Sciences

**City**

Isfahan

**Sponsors / Funding sources****1****Sponsor****Name of organization / entity**

Isfahan University of Medical Sciences

**Full name of responsible person**

Dr Peyman Adibi

**Street address**

Vice Chancellory for Research Office, Isfahan University of Medical Sciences

**City**  
Isfahan

**Grant name**

**Grant code / Reference number**

**Is the source of funding the same sponsor organization/entity?**  
Yes

**Title of funding source**  
Isfahan University of Medical Sciences

**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**  
Isfahan University of Medical Sciences

**Full name of responsible person**  
Dr Marzieh Hasanpour

**Position**  
PhD, Associat Professor

**Other areas of specialty/work**

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## Person responsible for scientific inquiries

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## Person responsible for updating data

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PhD

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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*