

Clinical Trial Protocol

Iranian Registry of Clinical Trials

11 Sep 2026

The Effect of 8 Week Aerobic Moderate Intensity Exercise And Omega 3Supplementation On Total Antioxidant Capacity And Hydrogen Peroxide In Young Untrained Men

Protocol summary

Summary

aim of this research was the investigation The effect of 8 week aerobic moderate intensity exercise and Omega 3 supplementation on Total antioxidant capacity and hydrogen peroxide in young untrained men. in this research among the volunteers, 20 subject participated in the study in two groups of omega-3 Supplements with moderate exercise and only moderate exercise and the duration of study was 8 weeks. Blood sample were taken in Basal state, after 4 week and 8 week in both groups for evaluation of Total antioxidant capacity and Hydrogen peroxide levels

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2015053122271N1**

Registration date: **2015-05-31, 1394/03/10**

Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2015-05-31, 1394/03/10

Registrant information

Name

Mohammad Amin Yahyazadeh

Name of organization / entity

Lorestan University

Country

Iran (Islamic Republic of)

Phone

+98 66 3312 0106

Email address

yahyazadeh.ma@fh.lu.ac.ir

Recruitment status

Recruitment complete

Funding source

Lorestan University

Expected recruitment start date

2014-12-22, 1393/10/01

Expected recruitment end date

2015-02-20, 1393/12/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The Effect of 8 Week Aerobic Moderate Intensity Exercise And Omega 3Supplementation On Total Antioxidant Capacity And Hydrogen Peroxide In Young Untrained Men

Public title

The Effect of Omega 3 Supplementation On Antioxidant And Oxidant Markers In Untrained Men

Purpose

Prevention

Inclusion/Exclusion criteria

Inclusion criteria: Being in the age range 20 to 25, being male, No history of regular exercise Exclusion criteria: Having a chronic disease, Having a food allergies

Age

From **20 years** old to **25 years** old

Gender

Male

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: 20
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

Lerstan University

Street address

Khoram Abad

City

Khoram Abad

Postal code

Approval date

2014-12-17, 1393/09/26

Ethics committee reference number

93.352

Health conditions studied

1

Description of health condition studied

immunological

ICD-10 code

R76

ICD-10 code description

Other abnormal immunological findings in serum

Primary outcomes

1

Description

Total Antioxidant Capacity

Timepoint

Basal State, 4 week, 8 week

Method of measurement

autoanalyzer

2

Description

Hydrogen Peroxide

Timepoint

Basal State, 4 week, 8 week

Method of measurement

autoanalyzer

Secondary outcomes

empty

Intervention groups

1

Description

Blood samples were taken at the basal state from the omega-3 supplementation with physical activity. Then, this group consumed capsules containing 1000 mg of omega-3 per day (for 8 weeks) and also participated in 8 weeks (3 per week) of moderate-intensity exercise. Blood samples were taken again after the fourth and eighth weeks.

Category

Prevention

2

Description

Blood samples were taken at the basal state from the physical activity group. Then, this group participated in 8 weeks (3 per week) of moderate-intensity exercise. Blood samples were taken again after the fourth and eighth weeks.

Category

Prevention

Recruitment centers

1

Recruitment center

Name of recruitment center

Lorestan Univesrity

Full name of responsible person

Mohammad Amin Yahyazadeh

Street address

Khoram Abad, Lorestan

City

Khoram Abad

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Sciences Vice Chancellor for Research of Lorestan University

Full name of responsible person

Dr Hasan Naebzadeh

Street address

Khoram Abad, Lorestan

City

Khoram Abad

Grant name

Grant code / Reference number
Is the source of funding the same sponsor organization/entity?
Yes
Title of funding source
Sciences Vice Chancellor for Research of Lorestan University
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
Lorestan University
Full name of responsible person
Mohammad Amin Yahyazadeh
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MSC
Other areas of specialty/work
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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