Clinical Trial Protocol
Iranian Registry of Clinical Trials

22 Nov 2026

Effects of Aerobic Exercise on Hematologic Indices of Women with Rheumatoid Arthritis

Protocol summary

Summary

The aim of the current study is to investigate the effects of 8 weeks aerobic exercise on the some hematologic factors of patients with RA.Design: In this clinical trial study, 33 women with RA participated voluntary in this study. All the participants were randomly assigned to two study groups, control (17) and training (16) that using a computer-based random digit generator using the admission numbers. Those who were assigned to the training group were placed in a training program including aerobic cycling which was done on the stationary bike, 3 sessions per week with intensity about 65% of reserved heart rate for 8 weeks. The participants used the same pharmacological treatments. The hemoglobin (Hb), hematocrit and RBC count was measured with standard methods before and after the intervention in all the subjects and compared.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2015072923394N1**
Registration date: **2015-08-28, 1394/06/06**
Registration timing: **retrospective**

Last update:
Update count: **0**

Registration date

2015-08-28, 1394/06/06

Registrant information

Name

Yaser Jafar Shapoorabadi

Name of organization / entity

shahrekord University

Country

Iran (Islamic Republic of)

Phone

+98 913 565 0081

Email address

sh.yaser91@yahoo.com

Recruitment status

Recruitment complete

Funding source

Vice chancellor for research Shahrekord University

Expected recruitment start date

2015-04-13, 1394/01/24

Expected recruitment end date

2015-06-14, 1394/03/24

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Effects of Aerobic Exercise on Hematologic Indices of Women with Rheumatoid Arthritis

Public title

Effects of Aerobic Exercise on Hematologic Indices of Women with Rheumatoid Arthritis

Purpose

Supportive

Inclusion/Exclusion criteria

Inclusion criteria: All patients who had diagnosis of RA with involving their lower limbs; had not participated in any activities at least in the last three years; They should be able to do exercise protocols of this study. Exclusion criteria: Individuals had any known heart diseases; renal; pulmonary or liver disorders; diabet and duodenal ulcer; Also if they had self-medication; diden't have any leaning to continue the study.

Age

From **18 years** old to **70 years** old

Gender

Female

Phase
N/A
Groups that have been masked
No information
Sample size
Target sample size: **51**
Randomization (investigator's opinion)
Randomized
Randomization description
Blinding (investigator's opinion)
Double blinded
Blinding description
Placebo
Not used
Assignment
Parallel
Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee
Name of ethics committee
Sarekord University
Street address
Sharekord University, rahbar Boulevard, Chaharmahal Bakhtiari ,iran
City
Sharekord
Postal code
Approval date
2011-03-14, 1389/12/23
Ethics committee reference number
122/5726

Health conditions studied

1

Description of health condition studied
Rheumatoid arthritis
ICD-10 code
M05.3
ICD-10 code description
Rheumatoid arthritis with involvement of other organs and systems

Primary outcomes

1

Description
Hematologic Indices
Timepoint
two days before and after the training period in a fasting status
Method of measurement
Blood cell differential count, Counter XL22

Secondary outcomes

1

Description
Quality of life
Timepoint
Before the intervention and 2 months after the intervention.
Method of measurement
Questionnaires

Intervention groups

1

Description
Control group: patients in control group used only pharmacological treatments (methotrexate 7.5 mg per week and prednisolone 5 mg per day). They didn't participate in any exercise programs.
Category
Treatment - Drugs

2

Description
Intervention group: patients in training group, in addition to use methotrexate 7.5 mg per week and prednisolone 5 mg per day, they participated in an aerobic cycling exercise which was done on the stationary bike, 3 sessions per week for 8 weeks that based on the principles of exercise science, under the supervision of a sport medicine and consulting with the treating physician.
Category
Rehabilitation

Recruitment centers

1

Recruitment center
Name of recruitment center
Esfahan Alzahra Hospital
Full name of responsible person
Dr Mansour Salesi
Street address
Department of Rheumatology, Alzahra Hospital, Sofe Avenue, Esfahan, Iran
City
Esfahan

Sponsors / Funding sources

1

Sponsor
Name of organization / entity
Shahrekord University
Full name of responsible person
Dr Mortza Hosseini
Street address
Vice chancellery of Research, Shahrekord University, Rahbar Boulevard, Chaharmahal Bakhtiari ,Iran
City
Shahrekord
Grant name
Grant code / Reference number
Is the source of funding the same sponsor organization/entity?
Yes
Title of funding source
Shahrekord 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
Sahrekord University
Full name of responsible person
Yaser Jafari
Position
Exercise Physiology, Master of Sciencet
Other areas of specialty/work
Street address
Shahrekord University, Rahbar Boulevard, Chaharmahal Bakhtiari ,Iran
City
Shahrekord
Postal code
Phone
+98 38 3232 4407
Fax
Email
sh.yaser91@yahoo.com
Web page address

Person responsible for scientific inquiries

Contact
Name of organization / entity
Esfahan University of Medical Sciences
Full name of responsible person
Dr Babak Vahdatpour
Position
Assistant Professor
Other areas of specialty/work
Street address
Alzahra Hospital, Sofe Boulevard, Esfahan
City
Esfahan
Postal code
Phone
+98 31 3668 5555
Fax
Email
Vahdatpour@med.mui.ac.ir
Web page address

Person responsible for updating data

Contact
Name of organization / entity
Shahrekord University
Full name of responsible person
Yaser Jafari
Position
Exercise Physiology, Master of Sciencet
Other areas of specialty/work
Street address
Shahrekord University, Rahbar Boulevard, Chaharmahal Bakhtiari ,Iran
City
Shahrekord
Postal code
Phone
+98 38 3232 4407
Fax
Email
sh.yaser91@yahoo.com
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