

Clinical Trial Protocol

Iranian Registry of Clinical Trials

27 Jul 2026

Comparison of effects of sports drinks intake with water in elite female badminton players

Protocol summary

Summary

The current survey will perform to assess the effect of selected sports drinks on exercise performance in elite female badminton players. The participants are 120 female elite badminton players who are volunteering, healthy, 20-26 years old that have at least 3 years professional exercise in badminton. They will exclude this survey if have a serious injury or be non- volunteer. It has tried to cooperate with the participating athletes who traditionally consume two sports drinks named Cytomax and Gatorade, create conditions to temporarily manage their beverage consumption. The survey will be done in an eight week period. Participants will classify into 3 groups, Cytomax (case), Gatorade (case) and water as control compare the effect of drinking these sports drinks on exercise performance variables such as aerobic power, speed, flexibility, agility and muscular endurance.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2015090823946N1**

Registration date: **2015-09-21, 1394/06/30**

Registration timing: **registered_while_recruiting**

Last update:

Update count: **0**

Registration date

2015-09-21, 1394/06/30

Registrant information

Name

Sepideh Mehraein

Name of organization / entity

International Branch of Shahid beheshti University of Medical Sciences and Health Services

Country

Iran (Islamic Republic of)

Phone

+98 21 7711 6396

Email address

a.rashidi@nnfttri.ac.ir

Recruitment status

Recruitment complete

Funding source

"International Branch of Shahid Beheshti University of Medical Sciences "

Expected recruitment start date

2015-09-16, 1394/06/25

Expected recruitment end date

2015-11-16, 1394/08/25

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Comparison of effects of sports drinks intake with water in elite female badminton players

Public title

The effect of selected sports drinks on exercise performance in elite female badminton players

Purpose

Health service research

Inclusion/Exclusion criteria

Inclusion criteria: Being volunteer; General health; Female, 20-26 years old; Have At least 3 years professional exercise in badminton. exclusion criteria: Any serious injuries; Non voluntary.

Age

From **20 years** old to **26 years** old

Gender

Female

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: 120

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

The International Branch of Shahid Beheshti
University of Medical Sciences & Health Services

Street address

No.19, Shahid Abbaspour st., Vali-asr Ave.

City

Tehran

Postal code

1434875451

Approval date

2015-02-15, 1393/11/26

Ethics committee reference number

602/92/پ/ت

Health conditions studied

1

Description of health condition studied

exercise performance

ICD-10 code

Z10

ICD-10 code description

Routine general health check-up of defined
subpopulation

2

Description of health condition studied

examination for participation in sport

ICD-10 code

Z02

ICD-10 code description

Examination and encounter for administrative purposes

3

Description of health condition studied

nutrition assessment

ICD-10 code

E63

ICD-10 code description

Other nutritional deficiencies

4

Description of health condition studied

Assessment of fluid intake

ICD-10 code

R63

ICD-10 code description

Symptoms and signs concerning food and fluid intake

Primary outcomes

1

Description

aerobic power

Timepoint

first week, 8th week

Method of measurement

Shuttle run test

2

Description

speed

Timepoint

first week, 8th week

Method of measurement

BST

3

Description

flexibility

Timepoint

first week, 8th week

Method of measurement

Goniometer

4

Description

agility

Timepoint

first week, 8th week

Method of measurement

505 agility test

5

Description

strength

Timepoint

first week, 8th week

Method of measurement

sargent jump test, hand grip test

6

Description

muscle endurance

Timepoint

first week, 8th week

Method of measurement

sit-up, push up

Secondary outcomes

1

Description

Vo2max

Timepoint

first week, 8th week

Method of measurement

shuttle run test

2

Description

total energy intake

Timepoint

every week

Method of measurement

questionnaire

3

Description

total fat intake

Timepoint

every week

Method of measurement

questionnaire

4

Description

total carbohydrate intake

Timepoint

every week

Method of measurement

questionnaire

5

Description

total protein intake

Timepoint

every week

Method of measurement

questionnaire

6

Description

average mileage

Timepoint

daily

Method of measurement

pedometer

7

Description

perceived exertion

Timepoint

first week, 8th week

Method of measurement

checklist

8

Description

stomach fulfill scale

Timepoint

first week, 8th week

Method of measurement

checklist

9

Description

thirst scale

Timepoint

first week, 8th week

Method of measurement

checklist

10

Description

body fat percent

Timepoint

begining of the period

Method of measurement

skin fold calipper

Intervention groups

1

Description

case group no2: Cytomax 150 ml/ 70 kg body weight/ 15 min

Category

Other

2

Description

control group: water 150 ml/15 min/70 kg body weight

Category

Other

3

Description

case group no1: Gatorade 150 ml/70 kg body weight/ every 15 min

Category

Other

Recruitment centers

1

Recruitment center

Name of recruitment center

Badminton Federation of Islamic Republic of Iran

Full name of responsible person

Sepideh Mehraein

Street address

Badminton Federation of Islamic Republic of Iran,
Hejab st.

City

Tehran

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Badminton Federation of Islamic Republic of Iran

Full name of responsible person

Mohammad Reza Pouria

Street address

Badminton Federation of Islamic Republic of Iran,
Hejab st.

City

Tehran

Grant name**Grant code / Reference number****Is the source of funding the same sponsor organization/entity?**

Yes

Title of funding source

Badminton Federation of Islamic Republic of Iran

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

The International Branch of Shahid Beheshti
University of Medical Sciences & Health Services

Full name of responsible person

Sepideh Mehraein

Position

Researcher, Master of Science Student

Other areas of specialty/work**Street address**

No.11, Nastaran 43, Shahid Beheshti Town, Babaei
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Person responsible for scientific inquiries

Contact

Name of organization / entity

Azad Islamic University

Full name of responsible person

Dr. Kaveh Khabiri

Position

PhD

Other areas of specialty/work**Street address**

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Person responsible for updating data

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The International Branch of Shahid Beheshti
University of Medical Sciences

Full name of responsible person

Sepideh Mehraein

Position

researcher, Master student

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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