Clinical Trial Protocol
Iranian Registry of Clinical Trials

22 Nov 2026

Effectiveness of Aerobic Exercise on Promotion of Cognitive – Executive Functions in Patient with Schizophrenia Spectrum

Protocol summary

Summary

The present research was aimed to investigate the effectiveness of aerobic exercise on promotion of executive- cognitive functions in patients with schizophrenia spectrum. Statistical population was patients with schizophrenia that was admitted in rehabilition centers in Ardabil. Darolshafa center were selected by random cluster sampling. The statistical sample was include 24 patients with disorder of schizophrenia that were selected by random sampling. Patients were divided in to experimental group and control group. Inclusion criteria: Insert a definitive diagnosis of schizophrenia in patient records; Having at least a primary education. Exclusion criteria: having Cognitive disorders such as delirium and dementia; chronic physical illness; Physical and motor limitations. Subjects were assessed with wisconsin card sorting test (WCST), Wechsler Memory scale and Stroop test in two stages (pre test and post test). The experimental group participated 3 sessions per week for 4 weeks and 45 minute aerobic exercise training (including steps: 1. warm up the body 2. aerobic exercise is brisk walking and continuous 3. Do gentle exercises, stretching and stretching arms and legs 4. To return to the original state). control group received no intervention. Aerobic exercise training is an independent variable and executive-cognitive functions are dependent variables.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2016052928149N1**
Registration date: **2016-11-06, 1395/08/16**
Registration timing: **retrospective**

Last update:
Update count: **0**

Registration date

2016-11-06, 1395/08/16

Registrant information

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Recruitment status

Recruitment complete

Funding source
University of Mohaghegh Ardabili

Expected recruitment start date

2016-05-26, 1395/03/06

Expected recruitment end date

2016-06-30, 1395/04/10

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Effectiveness of Aerobic Exercise on Promotion of Cognitive – Executive Functions in Patient with Schizophrenia Spectrum

Public title

The effect of exercise on symptoms of patients with schizophrenia spectrum

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria: Insert a definitive diagnosis of schizophrenia in patient records; Having at least a primary education Exclusion criteria: having Cognitive disorders such as delirium and dementia; chronic physical illness; Physical and motor limitations

Age
No age limit

Gender
Male

Phase
N/A

Groups that have been masked
No information

Sample size
Target sample size: **24**

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 of Ardabil

Street address
Islamic Azad University of Ardabil, Basij Square

City
Ardabil

Postal code

Approval date
2010-08-20, 1389/05/29

Ethics committee reference number
IR.IAU.ARDABIL.REC.1395.7

Health conditions studied

1

Description of health condition studied
Schizophrenia Spectrum Disorder

ICD-10 code
F20

ICD-10 code description
Schizophrenia

Primary outcomes

1

Description
Executive Function

Timepoint
The beginning of study and After the Intervention

Method of measurement
Wisconsin Card Sorting Test (WCST)

2

Description
Cognitive Function

Timepoint
the beginning of study and After the Intervention

Method of measurement
Wechsler Memory Scale (wms) & Stroop Test

Secondary outcomes

empty

Intervention groups

1

Description
The experimental group participated 3 sessions per week for 4 weeks and 45 minute aerobic exercise training (including steps: 1. warm up the body 2. aerobic exercise is brisk walking and continuous 3. Do gentle exercises, stretching and stretching arms and legs 4. To return to the original state)

Category
Rehabilitation

2

Description
Control group: without intervention

Category
N/A

Recruitment centers

1

Recruitment center

Name of recruitment center
Daralshafa

Full name of responsible person
Akbar Atadokht Ph.D

Street address
Anvari 2alley, Zaranas street, Ardabil

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Sponsors / Funding sources

1

Sponsor
Name of organization / entity
University of Mohaghegh Ardabili
Full name of responsible person
Hajloo Nader Ph.D
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University of Mohaghegh Ardabili, Daneshgah Street
City
Ardabil
Grant name
Grant code / Reference number
Is the source of funding the same sponsor organization/entity?
Yes
Title of funding source
University of Mohaghegh Ardabili
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

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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