

Clinical Trial Protocol

Iranian Registry of Clinical Trials

10 Jun 2026

Effect of aerobic training on neural conduction and glucose control in type-2 diabetic men with peripheral neuropathy.

Protocol summary

Summary

The aim of the present study was to examine the effect of aerobic training on neural conduction and glucose control in type-2 diabetic men with peripheral neuropathy. This is a non-blinded parallel-designed clinical trial in which eligible patients were randomly assigned into experimental or control groups. The inclusion criteria included being at the age of 30 to 60 years; type 2 diabetes; diabetes history for over 5 years; HbA1C more than 6.6%; diagnosed by a physician; abnormal electrodiagnostic examination confirming peripheral neuropathy. The exclusion criteria included type-1 diabetes; insulin therapy; exercising regularly and having a restriction for exercise participation. In this study, 32 participants from Shahid Mahalati and Emam Reza hospitals were randomly assigned into experimental or control groups. Exercise intervention included 20 to 45 minutes walking and running with 50 to 70 percent of heart rate reserve, three sessions per week during 12 weeks. Throughout the study course, participants in control group received no intervention and were asked to continue habitual physical activity. Before and 48h after the experimental period, body composition measurements and blood sampling for glucose analysis were performed. Moreover, nerve conduction studies (NCS) on sural, proneal and tibial nerves in lower limbs were performed. The primary outcomes included nerve conduction velocity and nerve action potential amplitude and the secondary outcomes included glucose and lipid profile indices.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2017012032066N1**

Registration date: **2017-03-09, 1395/12/19**

Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2017-03-09, 1395/12/19

Registrant information

Name

Farhad Gholami

Name of organization / entity

Shahrood University of Technology

Country

Iran (Islamic Republic of)

Phone

+98 41332395900

Email address

gholami-fa@shahroodut.ac.ir

Recruitment status

Recruitment complete

Funding source

Private

Expected recruitment start date

2015-06-05, 1394/03/15

Expected recruitment end date

2015-08-06, 1394/05/15

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Effect of aerobic training on neural conduction and glucose control in type-2 diabetic men with peripheral neuropathy.

Public title

Effect of exercise on diabetic peripheral neuropathy.

Purpose

Health service research

Inclusion/Exclusion criteria

Inclusion criteria: being at the age of 30 to 60 years; type 2 diabetes; diabetes history for over 5 years; HbA1C more than 6.6%; diagnosed by a physician; abnormal electrodiagnostic examination confirming peripheral neuropathy. Exclusion criteria: type-1 diabetes; insulin therapy; exercising regularly and having a restriction for exercise participation

Age

From **30 years** old to **60 years** old

Gender

Male

Phase

3

Groups that have been masked

No information

Sample size

Target sample size: **32**

Randomization (investigator's opinion)

Randomized

Randomization description

Blinding (investigator's opinion)

Not blinded

Blinding description

Placebo

Not used

Assignment

Parallel

Other design features

Patients were randomly assigned into groups using random number table.

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Ethics committee of Tabriz University of Medical Sciences

Street address

Tabriz University of Medical Sciences, Daneshgah Street, Tabriz.

City

Tabriz

Postal code

Approval date

2015-05-27, 1394/03/06

Ethics committee reference number

TBZMED.REC.1394.153

Health conditions studied

1

Description of health condition studied

Diabetic Polyneuropathy

ICD-10 code

G63.2

ICD-10 code description

Diabetic polyneuropathy (E10-E14 with common fourth character .4+)

Primary outcomes

1

Description

Nerve conduction velocity

Timepoint

Before and after the intervention

Method of measurement

Using EMG system; in terms of meter/second

Secondary outcomes

1

Description

Plasma glucose

Timepoint

Before and after intervention

Method of measurement

Using specific kit; in terms of miligram/desiliter

2

Description

Lipid profile

Timepoint

Before and after intervention

Method of measurement

Using specific kit; in terms of miligram/desiliter

3

Description

Glycosylated hemoglobin (HbA1c)

Timepoint

Before and after intervention

Method of measurement

Using specific kit; in terms of percent

Intervention groups

1

Description

Control group: Without exercise intervention. Throughout the study period control group were asked to continue habitual physical activity.

Category

Lifestyle

2

Description

Intervention group: aerobic exercise training including walking or running for 20 to 45 minutes at the intensity

of 50% to 70% of heart rate reserve, 3 days a week, through 12 weeks.

Category

Lifestyle

Recruitment centers

1

Recruitment center

Name of recruitment center

Emam Reza hospital

Full name of responsible person

Farhad Gholami

Street address

Emam Reza hospital, Daneshgah Street, Tabriz.

City

Tabriz

2

Recruitment center

Name of recruitment center

Shahid Mahallati hospital

Full name of responsible person

Farhad Gholami

Street address

Shahid Mahallati hospital, Rah-Ahan Street, Tabriz.

City

Tabriz

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Investigator

Full name of responsible person

Farhad Gholami

Street address

Shahrood University of Technology, Hafte Tir Square, Tehran Street, Shahrood.

City

Shahrood

Grant name

Grant code / Reference number

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

Yes

Title of funding source

Investigator

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

Shahrood University of Technology

Full name of responsible person

Farhad Gholami

Position

Faculty member/ PhD

Other areas of specialty/work

Street address

Shahrood University of Technology, Hafte Tir Square, Tehran Street, Shahrood.

City

Shahrood

Postal code

Phone

+98 23 3239 5900

Fax

Email

gholami-fa@shahroout.ac.ir;

gholami.farhaad@gmail.com

Web page address

Person responsible for scientific inquiries

Contact

Name of organization / entity

Shahrood University of Technology

Full name of responsible person

Farhad Gholami

Position

Faculty member/ PhD

Other areas of specialty/work

Street address

Shahrood University of Technology, Hafte Tir Square, Tehran Street, Shahrood.

City

Shahrood

Postal code

Phone

+98 23 3239 5900

Fax

Email

gholami-fa@shahroodut.ac.ir;

gholami.farhaad@gmail.com

Web page address

Person responsible for updating data

Contact

Name of organization / entity

Shahrood University of Technology

Full name of responsible person

Farhad Gholami

Position

Faculty member/ PhD

Other areas of specialty/work

Street address

Shahrood University of Technology, Hafte Tir Square,
Tehran Street, Shahrood.

City

Shahrood

Postal code

Phone

+98 32395900

Fax

Email

gholami-fa@shahroodut.ac.ir;

gholami.farhaad@gmail.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