

Clinical Trial Protocol

Iranian Registry of Clinical Trials

08 Jul 2026

Study of the effect of a session of endurance activity on the serum concentration of CC16 and SP-D in endurance elite runners and recreational runners

Protocol summary

Study aim

The purpose of the present study was to investigate the effect of a session of endurance activity on serum concentration of CC16 and SP-D in elite endurance runners and recreational runners

Design

experience and control group, community based and pragmatic, parallel group, not blinded, randomised

Settings and conduct

30 Minute Aerobic Exercise at Bagshomal Trail in Tabriz, at 9am and without blindness of groups

Participants/Inclusion and exclusion criteria

Inclusion criteria: having a history of championship in the province and country; Exclusion criteria: having heart and lung diseases and smokers

Intervention groups

Intervention group: 10 elite male runners who worked at least 60 kilometers per week in the last two years and became the champion of the province. Control group: 10 male amusement runners who run for health

Main outcome variables

Surfactant and Clara cell

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20180513039637N1**

Registration date: **2018-06-18, 1397/03/28**

Registration timing: **retrospective**

Last update: **2018-06-18, 1397/03/28**

Update count: **0**

Registration date

2018-06-18, 1397/03/28

Registrant information

Name

Hadi Pourmanaf

Name of organization / entity

Tehran University

Country

Iran (Islamic Republic of)

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Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2017-05-05, 1396/02/15

Expected recruitment end date

2017-05-10, 1396/02/20

Actual recruitment start date

2017-05-05, 1396/02/15

Actual recruitment end date

2017-05-10, 1396/02/20

Trial completion date

empty

Scientific title

Study of the effect of a session of endurance activity on the serum concentration of CC16 and SP-D in endurance elite runners and recreational runners

Public title

Effect of endurance activity on respiratory

Purpose

Education/Guidance

Inclusion/Exclusion criteria

Inclusion criteria:

Two years of championship experience in the province and country Non-smoker and healthy With no history of

pulmonary disease and other clinical conditions

Exclusion criteria:

Miscarriages Heart disease and pulmonary disease Being a smoker

Age

From **18 years** old to **30 years** old

Gender

Male

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **20**

Actual sample size reached: **20**

Randomization (investigator's opinion)

Randomized

Randomization description

Using stratified randomization, individuals were placed in two homogeneous groups (elite runners and recreational runners). Then random cluster randomization for each group was used. The randomization tool also sealed the envelope. The randomization unit was also individual. Individual numbers inside the pack identified the subjects of each group. And did not allocation concealment.

Blinding (investigator's opinion)

Not blinded

Blinding description

Placebo

Not used

Assignment

Other

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

معاونت پژوهشی دانشگاه تهران

Street address

No.Amirabad Shomali, Enghlab Blvd

City

Tehran

Province

Tehran

Postal code

0000000000

Approval date

2016-06-23, 1395/04/03

Ethics committee reference number

IR.ut.Rec.1395014

Health conditions studied

1

Description of health condition studied

Does not apply

ICD-10 code

ICD-10 code description

Primary outcomes

1

Description

Serum level of Clara cell protein in runners

Timepoint

Blood sampling before endurance activity and 60 minute after endurance activity

Method of measurement

Clara cell protein kit

2

Description

Serum level of Surfactant D protein in runners

Timepoint

Blood sampling before endurance activity and 60 minute after endurance activity

Method of measurement

Surfactant D protein kit

Secondary outcomes

empty

Intervention groups

1

Description

Intervention group: This group of elite individuals performed 30 minutes endurance training

Category

Other

2

Description

Control group: 10 healthy men who completed 30 minutes of endurance activity

Category

Other

Recruitment centers

1

Recruitment center

Name of recruitment center

Tabriz

Full name of responsible person

Hadi Pourmanaf

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No. Shafa Ave,Azadi Blvd, Tabriz Town

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity
Tehran University
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Grant name
Grant code / Reference number
Is the source of funding the same sponsor organization/entity?
Yes
Title of funding source
Tehran University
Proportion provided by this source
10
Public or private sector
Public
Domestic or foreign origin
Domestic
Category of foreign source of funding
empty
Country of origin
Type of organization providing the funding
Academic

Person responsible for general inquiries

Contact

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Person responsible for updating data

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Email

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Sharing plan

Deidentified Individual Participant Data Set (IPD)

Yes - There is a plan to make this available

Study Protocol

Yes - There is a plan to make this available

Statistical Analysis Plan

Yes - There is a plan to make this available

Informed Consent Form

Yes - There is a plan to make this available

Clinical Study Report

Yes - There is a plan to make this available

Analytic Code

Yes - There is a plan to make this available

Data Dictionary

Yes - There is a plan to make this available

Title and more details about the data/document

Adress: Sportdezh.rzb.ir

When the data will become available and for how long

Every time

To whom data/document is available

Everyone

Under which criteria data/document could be used

Patern

From where data/document is obtainable

Sportdezh.rzb.ir

What processes are involved for a request to access data/document

Sportdezh.rzb.ir

Comments