

# 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)

##### Phone

+98 41 3656 1262

##### Email address

hadi.pvrmanaf@ut.ac.ir

#### 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

**Street address**

No. Shafa Ave,Azadi Blvd, Tabriz Town

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Tabriz  
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hadipourmanaf@gmail.com

## Sponsors / Funding sources

### 1

#### Sponsor

**Name of organization / entity**  
Tehran University  
**Full name of responsible person**  
Siroos Choobineh  
**Street address**  
No. Amir Abad shomali Blvd  
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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

**Name of organization / entity**  
Tehran University  
**Full name of responsible person**  
Hadi Pourmanaf  
**Position**  
Teacher training  
**Latest degree**  
Master

**Other areas of specialty/work**  
Physiology  
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## Person responsible for scientific inquiries

#### Contact

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Associate professor  
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## Person responsible for updating data

#### Contact

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**Latest degree**  
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**Postal code**

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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**