

Clinical Trial Protocol

Iranian Registry of Clinical Trials

05 Sep 2026

The effect of endurance training on serum clara cell and surfactant D proteins in male smokers

Protocol summary

Study aim

The purpose of the present study was to investigate the effect of endurance training on serum clara cell and surfactant D proteins in male smokers

Design

Experience and control group; community based and pragmatic; parallel group; not blinded; randomised

Settings and conduct

1 month aerobic Exercise (3 times at week) with intensity 70%-75% of maximum oxygen consumption and for 30 minute at Bagshomal Trail in Tabriz and without blindness of groups

Participants/Inclusion and exclusion criteria

Untrained; Healthy and No Illness; Smoker

Intervention groups

Intervention group: ten healthy male smokers without regular exercise. control group: ten healthy male smokers without regular exercise

Main outcome variables

Surfactant and Clara cell

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

2017-05-22, 1396/03/01

Expected recruitment end date

2017-06-27, 1396/04/06

Actual recruitment start date

2017-05-22, 1396/03/01

Actual recruitment end date

2017-06-27, 1396/04/06

Trial completion date

empty

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20180513039637N2**

Registration date: **2018-07-16, 1397/04/25**

Registration timing: **retrospective**

Last update: **2018-07-16, 1397/04/25**

Update count: **0**

Registration date

2018-07-16, 1397/04/25

Registrant information

Name

Hadi Pourmanaf

Scientific title

The effect of endurance training on serum clara cell and surfactant D proteins in male smokers

Public title

Effect of endurance activity on respiratory

Purpose

Education/Guidance

Inclusion/Exclusion criteria

Inclusion criteria:

No participation in any regular exercise program in the six months prior to the start of the research Healthy and No Illness

Exclusion criteria:

Non-smoker Regular exercise

Age

From **23 years** old to **35 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)

N/A

Randomization description

Blinding (investigator's opinion)

Not blinded

Blinding description

Placebo

Not used

Assignment

Other

Other design features

Secondary Ids

1

Registry name

Secondary trial Id

Registration date

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Ethics committee of Tehran university

Street address

No. Enghlab Blvd

City

Tehran

Province

Tehran

Postal code

14398-13117

Approval date

2016-06-23, 1395/04/03

Ethics committee reference number

IR.ut.Rec.1395015

Health conditions studied

1

Description of health condition studied

Relation between endurance training on serum clara cell and surfactant D proteins in male smokers

ICD-10 code

ICD-10 code description

Primary outcomes

1

Description

Clara cell

Timepoint

Before the first endurance exercise and 60 minute after the last endurance exercise

Method of measurement

Clara cell kite

2

Description

Surfactant D protein

Timepoint

Before the first endurance exercise and 60 minute after the last endurance exercise

Method of measurement

Surfactant D protein kite

Secondary outcomes

empty

Intervention groups

1

Description

Intervention group: 10 healthy and untrained smoker men that for 1 month (12 session) and 3 time in per week and each session performed 30 minutes aerobic exercise with intensity of 70%-75% maximum oxygen consumption. They received training at a training session before training began. They also did not take any interventionist medication.

Category

Other

2

Description

Control group: 10 healthy and untrained smokers who did not have any intensive and regular exercise for one month. And they did not take any intervention

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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Sponsors / Funding sources

1

Sponsor

Name of organization / entity
Tehran University
Full name of responsible person
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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
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Person responsible for updating data

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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

Address: 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