

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

08 Jul 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

#### 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

##### 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

##### 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

##### City

Tabriz  
**Province**  
East Azarbaijan  
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5155874743  
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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, Tehran Town  
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**Province**  
Tehran  
**Postal code**  
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+98 41 3656 1263  
**Email**  
Choobineh@ut.ac.ir  
**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

**Name of organization / entity**  
Tehran University  
**Full name of responsible person**  
Siroos Choobineh  
**Position**  
Associate professor  
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## Person responsible for updating data

#### Contact

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**Latest degree**  
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**Other areas of specialty/work**  
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**Phone**

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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**

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**