Clinical Trial Protocol
Iranian Registry of Clinical Trials

22 Nov 2026

The effect of a 10-week aerobic exercise on cardiac function among overweight female breast cancer survivors

Protocol summary

Study aim

evaluate the effect of an 10-week aerobic exercise on cardiac function among overweight female breast cancer survivors

Design

In this experimental study, the study population will be consisted of women with breast cancer admitted to Omid Hospital, Isfahan, Iran. Twenty five patients (age range: 30-55 years) wil randomly assign to one of the two groups of exercise (n= 15) and control (n= 10).samples wil be selected using sample size formula .

Settings and conduct

After evaluating body composition,cardiac function of the subjects and then aerobic exercise program will be performed with an intensity of (40-75) of maximal heart rate, and included warming up, main program is the coordination between arm and leg movements and the cooling. then number of block the time and intensity to reach the appropriate time will be added.

Participants/Inclusion and exclusion criteria

lack of regular physical activity,lack of smoking history,lack of other symptomatic diseases such as hypertension, overweight, history of surgery, chemotherapy and diagnosed at the same stage of the disease.

Intervention groups

In this study , the subjects will be divided into two groups of exercise and control. The control group was selected because of study is pre-test and post-test, and the requirement that that the effect of exercise on cardiac function in patients who did excersice and patients didn,t have any activity and we could compare it. The main intervention is a ten-weeks regular exercise program that it,s aime is observing the effect of exercise activity on improving cardiac function on overweight female breast cancer survivors

Main outcome variables

Exerciseimprove the cardiovascular and respiratory systems' functions, strength, fatigue, depression and quality of life of the patient. with participating of Patients in the regular exercise can improve physiological, psychological and functional parameters.

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20190218042745N1**
Registration date: **2019-04-15, 1398/01/26**
Registration timing: **retrospective**

Last update: **2019-04-15, 1398/01/26**
Update count: **0**

Registration date

2019-04-15, 1398/01/26

Registrant information

Name

Mahnaz Sourani

Name of organization / entity

Country

Iran (Islamic Republic of)

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+98 31 4251 4183

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Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2017-05-30, 1396/03/09

Expected recruitment end date

2017-06-19, 1396/03/29

Actual recruitment start date

2017-06-09, 1396/03/19

Actual recruitment end date

2017-06-21, 1396/03/31

Trial completion date

2017-09-22, 1396/06/31

Scientific title

The effect of a 10-week aerobic exercise on cardiac function among overweight female breast cancer survivors

Public title

The effect of a 10-week aerobic exercise on cardiac function among overweight female breast cancer survivors

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria:

lack of regular physical activity during the past 6 months lack of smoking history, lack of other symptomatic diseases such as hypertension , diabetes, cardiopulmonary disease overweight history of surgery, chemotherapy diagnosed at the same stage of the disease

Exclusion criteria:

Age

From **30 years** old to **55 years** old

Gender

Female

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **30**

Actual sample size reached: **25**

Randomization (investigator's opinion)

Randomized

Randomization description

simple random

Blinding (investigator's opinion)

Not blinded

Blinding description

Placebo

Not used

Assignment

Parallel

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Ethics committee of Isfahan univercity of medical sciences

Street address

Hezar Jerib Ave, Hsfahan Town

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Isfehan

Postal code

8174673461

Approval date

2017-05-29, 1396/03/08

Ethics committee reference number

IR.MUI.REC.1396.2.082

Health conditions studied

1

Description of health condition studied

breast cancer

ICD-10 code

c50-c50

ICD-10 code description

Malignant neoplasm of breast

Primary outcomes

1

Description

cardiac function

Timepoint

Before the intervention and at the end of the study

Method of measurement

Echocardiographic device

Secondary outcomes

empty

Intervention groups

1

Description

is a ten-weeks regular exercise program that it,s aime is observing the effect of exercise activity on improving cardiac function in abandoned breast cancer patients.The aerobic exercise training protocol was performed for 10 weeks with an intensity of 40 to 75% of maximal heart rate.

Category

Lifestyle

Recruitment centers

1

Recruitment center

Name of recruitment center

Seyed shohada hospital

Full name of responsible person

Mohammadreza Khosravi farsani

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity
Esfahan University of Medical Sciences

Full name of responsible person
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Grant name
specific program

Grant code / Reference number
1602001000

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

Title of funding source
Esfahan University of Medical Sciences

Proportion provided by this source
30

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 Shahed Univercity

Full name of responsible person
Mahnaz Sourani

Position
Student

Latest degree
Master

Other areas of specialty/work
exercise physiology

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Person responsible for updating data

Contact

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Sharing plan

Deidentified Individual Participant Data Set (IPD)
No - There is not a plan to make this available
Justification/reason for indecision/not sharing IPD
because of this study is teamwork, we didin,t considered a plan for this study yet , and we need to gather the opinion of the group and then work on it.
Study Protocol
Undecided - It is not yet known if there will be a plan to make this available
Statistical Analysis Plan
Undecided - It is not yet known if there will be a plan to make this available
Informed Consent Form
Undecided - It is not yet known if there will be a plan to make this available
Clinical Study Report
Undecided - It is not yet known if there will be a plan to make this available
Analytic Code
Undecided - It is not yet known if there will be a plan to make this available
Data Dictionary
Undecided - It is not yet known if there will be a plan to make this available