

Clinical Trial Protocol

Iranian Registry of Clinical Trials

11 Sep 2026

The effect of a combined training session on ABCA5 and ApoB gene expression and white blood cell lipid profile in middle-aged men after cardiac bypass surgery

Protocol summary

Study aim

The effect of eight weeks of resistance training on the expression of ABCG5 gene, APOB plasma levels And middle-aged men 's lipid profile after coronary artery bypass grafting

Design

The present research design will be quasi-experimental and laboratory research. The statistical population of the present study is 60 middle-aged male patients who underwent coronary artery bypass grafting at least 2 and at most 4 months ago and will be referred to Javad Al-A'meh Heart Hospital in Mashhad. The statistical sample will be selected voluntarily from the statistical population according to the conditions of entering the research. Among them, 30 men who underwent bypass surgery, with an age range of 65-50 years and by available sampling method were selected and divided into two experimental groups (15 people) and control group (15 people). be. These exercises will be performed in rehabilitation phase 3 and patients will perform exercise exercises in this phase for the first time.

Settings and conduct

The quasi-experimental study will be completed with a pre-test-post-test design in three intervention groups in Javad Al-A'meh Hospital under the supervision of a physician for eight weeks.

Participants/Inclusion and exclusion criteria

Inclusion criteria (Cognitive health, visual and auditory, no blood pressure higher than 160 mm Hg and diastolic higher than 100 mm Hg. Do not use the same drugs, do not use assistive devices such as walkers and age range 50 to 65 years who underwent coronary artery bypass grafting Criteria for non-admission were lack of permission from a cardiologist and lack of inclusion criteria

Intervention groups

The intervention in the present study will be eight weeks

of endurance and resistance training.

Main outcome variables

ABCA5 gene expression - B lipoprotein - Lipid profile - Functional factors

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20210426051087N1**

Registration date: **2021-06-11, 1400/03/21**

Registration timing: **retrospective**

Last update: **2021-06-11, 1400/03/21**

Update count: **0**

Registration date

2021-06-11, 1400/03/21

Registrant information

Name

mahbobeh sazgar

Name of organization / entity

Country

Iran (Islamic Republic of)

Phone

+98 51 3880 3000

Email address

mahboobehsazegar@gmail.com

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2020-04-20, 1399/02/01

Expected recruitment end date

2020-04-21, 1399/02/02

Actual recruitment start date

2020-05-22, 1399/03/02
Actual recruitment end date
 2020-08-24, 1399/06/03
Trial completion date
 2020-08-26, 1399/06/05

Scientific title
 The effect of a combined training session on ABCA5 and ApoB gene expression and white blood cell lipid profile in middle-aged men after cardiac bypass surgery

Public title
 The effect of combined rehabilitation exercises in patients with coronary artery bypass grafting

Purpose
 Prevention

Inclusion/Exclusion criteria
Inclusion criteria:
 Age range 50-60 years Willingness to participate in research Cognitive, visual and auditory health No systolic blood pressure higher than 160 mmHg and diastolic blood pressure higher than 100 mmHg No acute and advanced diseases that prevent the exercises considered in this study.
Exclusion criteria:
 Existence of symptoms and heart failure Taking over-the-counter medications Inability to perform sports activities

Age
 From **50 years** old to **60 years** old

Gender
 Male

Phase
 3

Groups that have been masked
No information

Sample size
 Target sample size: **60**
 Actual sample size reached: **30**

Randomization (investigator's opinion)
 Randomized

Randomization description
 The samples will be determined by random blocking method with 4 blocks using the table of random numbers of Software Allocation Random software. Blocking and allocation sequencing for concealment will be done by the person not involved in the research.

Blinding (investigator's opinion)
 Not blinded

Blinding description

Placebo
 Not used

Assignment
 Parallel

Other design features
 In fact, this study was performed to investigate the effect of endurance and resistance training on the physiological status of patients with coronary artery bypass grafting.

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Ethics Committee of Islamic Azad University, Neyshabour Branch

Street address

RESEARCH Ave, Islamic Azad University Complex Neyshabur Branch

City

neyshabur

Province

Razavi Khorasan

Postal code

9319797139

Approval date

2020-09-24, 1399/07/03

Ethics committee reference number

IR.IAU.NEYSHABUR.REC.1400.001

Health conditions studied

1

Description of health condition studied

Chronic ischaemic heart disease, unspecified

ICD-10 code

I25.7

ICD-10 code description

Atherosclerosis of coronary artery bypass graft(s) and coronary artery of transplanted heart with angina pectoris

Primary outcomes

1

Description

ABCG5 gene expression

Timepoint

24 hours before the start of the protocol and 48 hours after the end of the last training protocol session

Method of measurement

REAL TIME-PCR method

2

Description

APOB plasma levels

Timepoint

24 hours before the start of the protocol and 48 hours after the end of the last training protocol session

Method of measurement

ELISA laboratory method

3

Description

LDL plasma levels

Timepoint

24 hours before the start of the protocol and 48 hours after the end of the last training protocol session

Method of measurement

ELISA laboratory method

Secondary outcomes

empty

Intervention groups

1

Description

Intervention group: Aerobic-resistance training group. After taking blood samples and functional tests (5-second unassisted sit-up test (TUG), 3-meter back and forth (BBS) and cardiorespiratory function (6-minute walk)), participants are asked Start the training session with an aerobic program in three parts: walking on a treadmill (20 to 30 minutes), cycling (10 to 12 minutes) and manual ergometer (10 minutes) with an intensity of 60% of maximum heart rate. Then, by performing a resistance training program in three consecutive sets with 8 to 15 repetitions, the training session ends. The intensity of resistance training can be changed by using different colors (yellow to pink) of Traband. Then, at the end of the training period, blood is taken again and the functional test is measured again.

Category

Prevention

2

Description

Intervention group: Resistance-aerobic training group. After taking blood samples and functional tests (5-second unassisted sit-up test (TUG), 3-meter back and forth (BBS) and cardiorespiratory function (6-minute walk)) from participants Is asked to Perform resistance training program in three consecutive sets with 8 to 15 repetitions. The intensity of resistance training can be changed by using different colors (yellow to pink) of Traband. Then the training session is completed with an aerobic program in three parts that included walking on a treadmill (20 to 30 minutes), pedaling on a bicycle (10 to 12 minutes) and hand ergometer (10 minutes) with an intensity of 60% of maximum heart rate. Also, at the end of the training period, blood is taken again and the functional test is measured again.

Category

Prevention

3

Description

Control group: did not have any sports activities and supplementation and illegal drugs during the research protocol

Category

Prevention

Recruitment centers

1

Recruitment center

Name of recruitment center

Javadalameh Specialized Heart Hospital, Mashhad

Full name of responsible person

Dr. Amir Rashid Lamir

Street address

Vakil abad Ave. Honarestan Blvd.

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Web page address

http://www.jhosp.org

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Islamic Azad University

Full name of responsible person

Dr. Ahmad Zende Del

Street address

No 38. Hashemiyeh14.

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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

Islamic Azad University

Proportion provided by this source

100

Public or private sector

Private

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**

Islamic Azad University

Full name of responsible person

Dr. Amir Rashid Lamir

Position

Professor

Latest degree

Ph.D.

Other areas of specialty/work

Physiology

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Person responsible for scientific inquiries**Contact****Name of organization / entity**

Islamic Azad University

Full name of responsible person

Mohsen Akbari

Position

Consultant

Latest degree

Ph.D.

Other areas of specialty/work

Physiology

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Person responsible for updating data**Contact****Name of organization / entity**

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Full name of responsible person

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Latest degree

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Other areas of specialty/work

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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

We apologize for publishing the data because of the ethical commitment it has made to patients and the Patient Rehabilitation Center.

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

The data file will be provided as a spss file

When the data will become available and for how long

From 1400 to 1402

To whom data/document is available

Researchers and researchers and academic and scientific institutions

Under which criteria data/document could be used

There is data usage and analysis for researchers

From where data/document is obtainable

To use the data, refer to the email
m_akbari64@hotmail.com

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

Email the person in charge of correspondence

Comments

Except for ethical criteria, the rest of the data will be made available to researchers