

Clinical Trial Protocol

Iranian Registry of Clinical Trials

15 Jun 2026

Effect of strength training and short term detraining on muscle mass in post menopausal women

Protocol summary

Summary

The aim of this study was to determine the effects of resistance training and detraining on muscle mass in Tehranian women. Twenty post-menopausal women aged over 50 years old were enrolled. After matched for weight, they were randomly assigned into control and resistance training group. The experimental designed program consisted of 12 weeks of resistance training and four weeks of detraining. Resistance training program was performed three times a week (non-consecutive session), three sets of 10 repetitions for 10 movements at least for 60 min. The exercise testing equipment used in this investigation was Thera-Band tubing. The resistance exercise program was designed for each participant, based on 80%, 85%, and 100% 10-repetition maximum. Control group received no intervention. Skin fold thickness was determined by caliper at baseline and 12 and 16 weeks after the intervention. Percentage of body fat was estimated from skin fold thickness (triceps and subscapular) by McArdle method. Fat mass and fat free mass were calculated. Range of motion for trunk flexion and extension was determined.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT201111121058N2**

Registration date: **2012-01-01, 1390/10/11**

Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2012-01-01, 1390/10/11

Registrant information

Name

Arash Ghanbarian

Name of organization / entity

Research Institute for Endocrine Sciences, Shahid Beheshti University of Medical Sciences

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Recruitment status

Recruitment complete

Funding source

Research Institute for Endocrine Sciences, Shahid Beheshti University of Medical Sciences

Expected recruitment start date

2010-12-20, 1389/09/29

Expected recruitment end date

2011-03-20, 1389/12/29

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Effect of strength training and short term detraining on muscle mass in post menopausal women

Public title

Strength Training and Prevention of Sarcopenia

Purpose

Prevention

Inclusion/Exclusion criteria

Inclusion Criteria: post menopausal woman; age over 50 years old. Exclusion Criteria: taking hormone replacement therapy (HRT); use of medications like β -adrenergic blockers, β -agonists, Ca²⁺ channel blockers and corticosteroids; having diabetes, Parkinson's disease

and peripheral neuropathy.

Age

From **50 years** old to **65 years** old

Gender

Female

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **20**

Randomization (investigator's opinion)

Randomized

Randomization description**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**

Research Institute for Endocrine Sciences

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#24, Parvaneh st., Yemen st, Chamran Exp.

City

Tehran

Postal code

193954763

Approval date

2010-09-23, 1389/07/01

Ethics committee reference number

ec344

Health conditions studied**1****Description of health condition studied**

Sarcopenia

ICD-10 code

M62.5

ICD-10 code description

Muscle wasting and atrophy, not elsewhere classified

Primary outcomes**1****Description**

Muscle Weakness

Timepoint

At baseline, After 12 weeks, After 16 weeks

Method of measurement

Caliper

Secondary outcomes**1****Description**

Rang of Motion

Timepoint

At baseline, After 12 weeks, After 16 weeks

Method of measurement

Sit and Reach

Intervention groups**1****Description**

The experimental designed program consisted of 12 weeks of resistance training and four weeks of detraining. Resistance training program was performed three times a week (non-consecutive session), three sets of 10 repetitions for 10 movements at least for 60 min. The exercise testing equipment used in this investigation was Thera-Band tubing. The resistance exercise program was designed for each participant, based on 80%, 85%, and 100% 10-repetition maximum.

Category

Prevention

2**Description**

Without any Intervention in Control Group

Category

N/A

Recruitment centers**1****Recruitment center****Name of recruitment center**

Health Club

Full name of responsible person

Dr. Arash Ghanbarian

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Sponsors / Funding sources**1****Sponsor**

Name of organization / entity

Research Institute for Endocrine Sciences

Full name of responsible person

Dr. Fereidoun Azizi

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Parvaneh st., Yemen st, Chamran Exp.**City**

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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

Research Institute for Endocrine Sciences

Proportion provided by this source

100

Public or private sector*empty***Domestic or foreign origin***empty***Category of foreign source of funding***empty***Country of origin****Type of organization providing the funding***empty***Person responsible for general inquiries****Contact****Name of organization / entity**

Research Institute for Endocrine Sciences

Full name of responsible person

Dr. Arash Ganbarian

Position

Senior Investigator, M.D.

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Institute for Endocrine Sciences, Shahid Beheshti

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M.Sc

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Web page address**Sharing plan****Deidentified Individual Participant Data Set (IPD)***empty***Study Protocol***empty***Statistical Analysis Plan***empty***Informed Consent Form***empty***Clinical Study Report***empty***Analytic Code***empty***Data Dictionary***empty*