

Clinical Trial Protocol

Iranian Registry of Clinical Trials

10 Jun 2026

Effect of tele-rehabilitation on physical fitness and quality of life in overweight and obese individuals

Protocol summary

Study aim

To evaluate the effects of exercise through telerehabilitation on overweight and obese individual on physical fitness.

Design

Single group, single-blind Quasi-experimental study, six weeks from 17 August 2022 to 28 September 2022, 44 participants.

Settings and conduct

Obese and overweight population of Gujranwala_ assessor and participant both are blinded.

Participants/Inclusion and exclusion criteria

To evaluate the effects of exercise through telerehabilitation on overweight and obese individual on quality of life.

Intervention groups

44 participants before the training, Warm-up exercises, trunk stabilization exercises, and breathing exercises were used as part of the exercise training applied to the telerehabilitation group with remote live connection for 6 weeks, 3 days per week, an average of 45 min.

Individuals' physical fitness levels were evaluated using the Senior Fitness Test protocol, and their quality of life was evaluated using the Short Form-36.

Main outcome variables

Quality of life; physical fitness

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20210705051796N2**

Registration date: **2022-12-09, 1401/09/18**

Registration timing: **retrospective**

Last update: **2022-12-09, 1401/09/18**

Update count: **0**

Registration date

2022-12-09, 1401/09/18

Registrant information

Name

NAYAB JOHN

Name of organization / entity

UNIVERSITY OF LAHORE

Country

Pakistan

Phone

+92 53 3705255

Email address

drnayab73@gmail.com

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2022-08-17, 1401/05/26

Expected recruitment end date

2022-08-28, 1401/06/06

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Effect of tele-rehabilitation on physical fitness and quality of life in overweight and obese individuals

Public title

Effect of tele-rehabilitation on physical fitness and quality of life in overweight and obese individuals

Purpose

Health service research

Inclusion/Exclusion criteria

Inclusion criteria:

BMI>25kgm² Age 18-45year Male/Female

Exclusion criteria:

People with undergone surgery in the last 6 months
 Pregnant female Individual reported with cognitive neuromuscular, musculoskeletal, chronic systemic diseases that may prevent exercise

Age

From **18 years** old to **45 years** old

Gender

Both

Phase

N/A

Groups that have been masked

- Data analyser

Sample size

Target sample size: **44**

Randomization (investigator's opinion)

N/A

Randomization description**Blinding (investigator's opinion)**

Single blinded

Blinding description

Data analyser was blinded because the data sent to analyser was random, name of participants was not mentioned

Placebo

Not used

Assignment

Parallel

Other design features**Secondary Ids**

empty

Ethics committees**1****Ethics committee****Name of ethics committee**

Ethical committee of University of Lahore

Street address

Street 4, Aziz colony Sialkot road, Gujranwala.

City

Gujrawala

Postal code

50250

Approval date

2022-08-16, 1401/05/25

Ethics committee reference number

Reg/GRT/22/AHS-91

2**Ethics committee****Name of ethics committee**

Ethics committee of university of lahore

Street address

Chenab Gujrat

City

Gujrat

Postal code

50700

Approval date

2022-08-16, 1401/05/25

Ethics committee reference number

REG/GRT/22/AHS-91

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

obese and overweight

ICD-10 code

E66

ICD-10 code description

Overweight and obesity

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

Improve quality of life

Timepoint

Before intervention and after intervention - 2 times

Method of measurement

Quality of life sf-36 questionnaire

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

Physical fitness

Timepoint

before intervention and after intervention - 2 times

Method of measurement

Senior fitness test

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

Intervention group: Body stabilization-based mat exercises and breathing exercises made up our exercise program. Before and after our exercise training, 5-minute warm-up and cool-down activities. duration will be 3 days per week and total 6 weeks

Category

Rehabilitation

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

General obese population

Full name of responsible person

Nayab john
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Recruitment center

Name of recruitment center
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Full name of responsible person
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Sponsors / Funding sources

1

Sponsor

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university of lahore
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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
university of lahore
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
University of lahore
Full name of responsible person
Nayab john
Position
lecturer
Latest degree
Master
Other areas of specialty/work
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Person responsible for scientific inquiries

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Person responsible for updating data

Contact

Name of organization / entity

University of Lahore

Full name of responsible person

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Position

Lectuerer

Latest degree

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Other areas of specialty/work

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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

Effect of telerehabilitation on physical fitness and quality of life in overweight and obese individuals

When the data will become available and for how long

right after publication

To whom data/document is available

All academic or working institutions

Under which criteria data/document could be used

for rehabilitation and to improve quality of life and physical fitness

From where data/document is obtainable

General obese population

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

Data will be entered and analyzed through a statistical software, Statistical Package for Social Science (SPSS) version 24, IBM Corp. Released 2016.

Comments