

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

10 Jun 2026

### The Effect of 6 Weeks Beta- alanine Supplementation on Exhaustion Time in Sedentary Overweight Women

#### Protocol summary

##### Summary

The present study is a randomized controlled trial. Forty sedentary overweight women are included in the study. The participants are divided to two groups: control group (CG) and supplement group (SG). Both groups will receive healthy nutrition education, but SG will receive beta alanin supplement in tablets 6 gr/day divided in to times per day and CG will receive placebo tablets during 6 weeks. In the beginning of the study and after 6 weeks, the anthropometric assessments and performance tests will be done. The anthropometric assessments include height, weight, body mass index, abdominal circumference and skin fold thickness. The body composition will be assessed with bio-impedance analyzer device. The performance test will be done on treadmill with ramp protocol till exhaustion of participants. The data in the beginning and end of the trail will be compared and analyzed in SPSS software.

#### General information

##### Acronym

##### IRCT registration information

IRCT registration number: **IRCT201609077903N8**  
Registration date: **2016-09-30, 1395/07/09**  
Registration timing: **registered\_while\_recruiting**

Last update:

Update count: **0**

##### Registration date

2016-09-30, 1395/07/09

##### Registrant information

###### Name

Zahra Alizadeh

###### Name of organization / entity

Tehran University of Medical Sciences

###### Country

Iran (Islamic Republic of)

###### Phone

+98 21 6119 2282

###### Email address

z\_alizadeh@tums.ac.ir

###### Recruitment status

**Recruitment complete**

###### Funding source

Tehran University of Medical Sciences

###### Expected recruitment start date

2016-08-22, 1395/06/01

###### Expected recruitment end date

2017-02-19, 1395/12/01

###### Actual recruitment start date

empty

###### Actual recruitment end date

empty

###### Trial completion date

empty

###### Scientific title

The Effect of 6 Weeks Beta- alanine Supplementation on Exhaustion Time in Sedentary Overweight Women

###### Public title

The effect of Beta -alanin supplementation on exhaustion time

###### Purpose

Prevention

###### Inclusion/Exclusion criteria

Inclusion criteria: Female sex; 20 to 45 years old; without pregnancy or regular physical activity or cigarette smoking; Without any diseases that affect the heart rate, diet or physical activity; without significant weight reduction over the past 6 months. Exclusion criteria: Musculoskeletal problems; pregnancy; lack of desire to cooperation.

###### Age

From **20 years** old to **45 years** old

###### Gender

Female

### Phase

N/A

### Groups that have been masked

No information

### Sample size

Target sample size: 40

### Randomization (investigator's opinion)

Randomized

### Randomization description

### Blinding (investigator's opinion)

Triple blinded

### Blinding description

### Placebo

Used

### Assignment

Parallel

### Other design features

## Secondary Ids

empty

## Ethics committees

### 1

#### Ethics committee

##### Name of ethics committee

Ethics Committee of Tehran University of Medical Sciences

##### Street address

The Center of Tehran University of Medical Sciences, Ghods St., Keshavarz Blvd.

##### City

Tehran

##### Postal code

##### Approval date

2015-12-08, 1394/09/17

##### Ethics committee reference number

IR.TUMS.REC.1394.1367

## Health conditions studied

### 1

#### Description of health condition studied

Obesity

#### ICD-10 code

(E65,E66)

#### ICD-10 code description

Obesity and other hyperalimentation

## Primary outcomes

### 1

#### Description

Time to exhaustion

#### Timepoint

Before and after

## Method of measurement

Ramp test

## Secondary outcomes

### 1

#### Description

Body composition change

#### Timepoint

Before and after

#### Method of measurement

bio-Impedance device

## Intervention groups

### 1

#### Description

Beta alanin supplement, 6 gram per day, divided in 4 doses, 6 weeks

#### Category

Treatment - Drugs

### 2

#### Description

Placebo, four times per day, 6 weeks

#### Category

Placebo

## Recruitment centers

### 1

#### Recruitment center

##### Name of recruitment center

Emam khomeini Hospital

##### Full name of responsible person

Sara Hooshmand

##### Street address

Sports Medicine Department, Emam khomeini Hospital, Tehran

##### City

Tehran

## Sponsors / Funding sources

### 1

#### Sponsor

##### Name of organization / entity

Vice chancellor for research, Tehran University of Medical Sciences

##### Full name of responsible person

Moammaee Haajar

##### Street address

The Center of Tehran University of Medical Sciences, Ghods St., Keshavarz Blvd.

##### City

Tehran

**Grant name**  
**Grant code / Reference number**  
**Is the source of funding the same sponsor organization/entity?**  
Yes  
**Title of funding source**  
Vice chancellor for research, Tehran University of Medical 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**  
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Tehran University of Medical Sciences  
**Full name of responsible person**  
Zahra Alizadeh  
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Assistant Professor  
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## Person responsible for scientific inquiries

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## Person responsible for updating data

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## 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*