Clinical Trial Protocol
Iranian Registry of Clinical Trials

22 Nov 2026

The Effects of Twelve Weeks Regular Aerobic Exercises on Serum Levels of Lipid Profile, Aerobic Power and Indices of Body Composition in Non Athletics Women with Mental Retardation

Protocol summary

Summary

The aim of this study was to investigate the effects of twelve weeks regular aerobic exercises on serum levels of lipid profile, aerobic power and indices of body composition in non athletics women with mental retardation. Twenty-two women with mental retardation by 50 to 75 IQ percent who were randomly assigned into aerobic exercise training (n=10) and control group (n=12). The exercise protocol included aerobic (endurance) exercise training for 12 weeks and 3 sessions per week and every session lasted to 60 minutes and with intensity of 60-80 percent of heart rate reserve. Control group did not participate in any exercise training. Primary outcome measure was aerobic training.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT201208068863N2**
Registration date: **2012-09-15, 1391/06/25**
Registration timing: **retrospective**

Last update:
Update count: **0**

Registration date

2012-09-15, 1391/06/25

Registrant information

Name

Keyvan Hejazi

Name of organization / entity

Ferdowsi University of Mashhad

Country

Iran (Islamic Republic of)

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ke_he981@stu-mail.um.ac.ir

Recruitment status

Recruitment complete

Funding source

Deputy Research, Ferdowsi University of Mashhad

Expected recruitment start date

2009-07-23, 1388/05/01

Expected recruitment end date

2009-10-23, 1388/08/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The Effects of Twelve Weeks Regular Aerobic Exercises on Serum Levels of Lipid Profile, Aerobic Power and Indices of Body Composition in Non Athletics Women with Mental Retardation

Public title

The Effect of Exercise on Mental Retardation disease

Purpose

Diagnostic

Inclusion/Exclusion criteria

Inclusion Criteria: Female; Age: 20-28-year; Sedentary life style; Without significant weight reduction in recent six months. Exclusion criteria: Doing regular exercise during the last six months; Medical problem; Drug using

Age

From **20 years** old to **28 years** old

Gender

Female

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **22**

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

Ferdowsi University of Mashhad

Street address

Physical Education Faculty, Ferdowsi University of Mashhad, Paradise Daneshgah, Azadi Square

City

Mashhad

Postal code

Approval date

2009-07-23, 1388/05/01

Ethics committee reference number

286311

2

Ethics committee

Name of ethics committee

Ferdowsi University of Mashhad

Street address

Physical Education Faculty, Ferdowsi University of Mashhad, Paradise Daneshgah, Azadi Square

City

Mashhad

Postal code

9177948979

Approval date

2010-08-20, 1389/05/29

Ethics committee reference number

286311

Health conditions studied

1

Description of health condition studied

Mentally retarded

ICD-10 code

F70-F79

ICD-10 code description

Mental retardation

Primary outcomes

1

Description

Weight

Timepoint

48 hours before exercise program and 48 hours after the last session after 3 months exercise

Method of measurement

Kg

2

Description

Body Mass Index

Timepoint

48 hours before exercise program and 48 hours after the last session after 3 months exercise

Method of measurement

Kg/M2

3

Description

WHR

Timepoint

48 hours before exercise program and 48 hours after the last session after 3 months exercise

Method of measurement

Cm

4

Description

Body Fat Percent

Timepoint

48 hours before exercise program and 48 hours after the last session after 3 months exercise

Method of measurement

%

5

Description

TG

Timepoint

48 hours before exercise program and 48 hours after the last session after 3 months exercise

Method of measurement

mg/dL

6

Description

Chol

Timepoint

48 hours before exercise program and 48 hours after the

last session after 3 months exercise

Method of measurement

mg/dL

7

Description

HDL-C

Timepoint

48 hours before exercise program and 48 hours after the last session after 3 months exercise

Method of measurement

mg/dL

8

Description

LDL-C

Timepoint

48 hours before exercise program and 48 hours after the last session after 3 months exercise

Method of measurement

mg/dL

9

Description

VO2max

Timepoint

48 hours before exercise program and 48 hours after the last session after 3 months exercise

Method of measurement

ml.kg.min-1

Secondary outcomes

1

Description

Height

Timepoint

48 hours before exercise program and 48 hours after the last session after 3months exercise

Method of measurement

48 hours before exercise program and 48 hours after the last session after 3months exercise

Intervention groups

1

Description

The exercise protocol included aerobic (endurance) exercise training lasted to 3 months and 3 sessions per week and every session lasted to 60 minutes and with intensity of 60-80 percent of heart rate reserve

Category

Other

2

Description

control:Lack of exercise participation

Category

Diagnosis

Recruitment centers

1

Recruitment center

Name of recruitment center

Rehabilitation Centre for Girls Fath Almobyn

Full name of responsible person

keyvan Hejazi

Street address

City

Mashhad

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Deputy Research Ferdowsi University of Mashhad

Full name of responsible person

Nahid Bijeh

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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

Deputy Research Ferdowsi University of Mashhad

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

Physical Education Faculty, Ferdowsi University of Mashhad

Full name of responsible person

Dr.Nahid Bijeh

Position

Dr.

Other areas of specialty/work

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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