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The effects of 12 weeks of high intensity functional training (HIFT) and Moderate intensity functional training (MIFT) on serum mitokine levels in metabolic syndrome patients

More options

Protocol summary

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| Study aim | Investigating the Effect of 12 Weeks of HIFT and MIFT Training on Cytokine Levels in Patients with Metabolic Syndrome |
| Design | The participants were randomly assigned to three groups: HIFT training, MIFT training, and control. Each group consisted of 12 participants, including the control and the two intervention groups. |
| Settings and conduct | The study involved men aged 35 to 55 with metabolic syndrome in Tehran. Participants were randomly assigned to either the experimental group (12-week HIFT and MIFT program) or the control group. Before the program, |

IRCT | The effects of 12 weeks of ×

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General information

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| Reason for update | | | | | | | | | | | |
| Acronym | | | | | | | | | | | |
| IRCT registration information | IRCT registration number: IRCT20241130063899N1 Registration date: 2025-11-01, 1404/08/10 Registration timing: registered_while_recruiting Last update: 2025-11-01, 1404/08/10 Update count: 0 | | | | | | | | | | |
| Registration date | 2025-11-01, 1404/08/10 | | | | | | | | | | |
| Registrant information | <table><tr><td>Name</td><td>Mohammad Moayedi</td></tr><tr><td>Name of organization / entity</td><td>University of Allameh Tabataba i University</td></tr><tr><td>Country</td><td>Iran (Islamic Republic of)</td></tr><tr><td>Phone</td><td>+98 21 6586 2987</td></tr><tr><td>Email address</td><td>mohammad_moayedi@atu.ac.ir</td></tr></table> | Name | Mohammad Moayedi | Name of organization / entity | University of Allameh Tabataba i University | Country | Iran (Islamic Republic of) | Phone | +98 21 6586 2987 | Email address | mohammad_moayedi@atu.ac.ir |
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| Recruitment status | Recruitment complete | | | | | | | | | | |