

status | BMC | IRCT | erp.ai | conui | 10611 | (9) Sys | Sport. | دانشگ | بیوکد | irct.behdasht.gov.ir/trial/80642

IRCT

Iranian Registry of Clinical Trials - Beta version

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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

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Protocol summary

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,

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General information

Reason for update	
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

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Recruitment status

Recruitment complete