Clinical Trial Protocol
Iranian Registry of Clinical Trials

22 Nov 2026

Comparison of the effect of aerobic and stretching exercise on severity of primary dysmenorrhea in the university students

Protocol summary

Summary

Primary dysmenorrhea is one of the most common complaints in gynecological medicine that decreases women's efficiency at work and home. The present study aimed to compare the effects of aerobic and stretching exercises on severity of primary dysmenorrhea. This randomized clinical trial are conducted on female students who are suffering from primary dysmenorrhea. The participants will be divided into aerobic exercise, stretching exercise, and control groups.The two intervention groups will perform the exercises three times a week for eight weeks (two menstrual cycles). Stretching exercise includes pelvic, abdomen and groin exercises, while the aerobic group will exercise using a treadmill. The intensity of dysmenorrhea will be determined using a modified questionnaire that assesses several symptoms of dysmenorrhea. After all, the data will be compared between and within groups through analysis of variance.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2013042710327N4**
Registration date: **2014-03-16, 1392/12/25**
Registration timing: **retrospective**

Last update:
Update count: **0**

Registration date

2014-03-16, 1392/12/25

Registrant information

Name

Farideh Vaziri

Name of organization / entity

Shiraz University of Medical Sciences

Country

Iran (Islamic Republic of)

Phone

+98 71 1627 9131

Email address

vazirif@sums.ac.ir

Recruitment status

Recruitment complete

Funding source

Shiraz university of Medical sciences

Expected recruitment start date

2013-03-19, 1391/12/29

Expected recruitment end date

2013-11-19, 1392/08/28

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Comparison of the effect of aerobic and stretching exercise on severity of primary dysmenorrhea in the university students

Public title

Comparison of the effect of aerobic and stretching exercise on severity of primary dysmenorrhea

Purpose

Prevention

Inclusion/Exclusion criteria

Inclusion criteria: Single and unmarried women; 18-30 y/o; Negative history of medical disease; Negative history of pelvic disease like endometriosis Exclusion criteria: Missing for more than two exercise sessions; Starting another exercises programme extra than study protocol

Age

From **18 years** old to **30 years** old

Gender
Female

Phase
N/A
Groups that have been masked
No information
Sample size
Target sample size: **105**
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
Ethics committee of Shiraz University of Medical Sciences
Street address
Shiraz University of Medical Sciences, Zand street
City
Shiraz
Postal code
Approval date
2013-02-25, 1391/12/07
Ethics committee reference number
6448

Health conditions studied

1

Description of health condition studied
Dysmenorrhea
ICD-10 code
N94.6
ICD-10 code description
Dysmenorrhoea, unspecified

Primary outcomes

1

Description
Dysmenorrhea
Timepoint
Before intervention, End of first intervevtional menstrual cycle,End of second interventional menstrual cycle
Method of measurement
Questionnaire

Secondary outcomes

empty

Intervention groups

1

Description
Aerobic group: Performing aerobic exercise three times a week for eight weeks
Category
Behavior

2

Description
Stretching group : performing stretching exercise (pelvic, abdomen, and groin exercises) three times a week for eight weeks.
Category
Behavior

3

Description
Control group: without any intervention
Category
N/A

Recruitment centers

1

Recruitment center
Name of recruitment center
Boushehr Universities
Full name of responsible person
Azam Hoseini
Street address
Amiralmomenin hospital
City
Boushehr

Sponsors / Funding sources

1

Sponsor
Name of organization / entity
Vice Chancellor for research of shiraz University of Medical Sciences
Full name of responsible person
Vice Chancellor
Street address
Shiraz university of medical sciences, Zand street
City
Shiraz

Grant name
Grant code / Reference number
91-6448
Is the source of funding the same sponsor organization/entity?
Yes
Title of funding source
Vice Chancellor for research of shiraz 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
Name of organization / entity
Shiraz University of Medical Sciences
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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