

Clinical Trial Protocol

Iranian Registry of Clinical Trials

27 Jul 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 sizeTarget 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

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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