Clinical Trial Protocol
Iranian Registry of Clinical Trials

22 Nov 2026

The effects of two selected types of training on primary dysmenorrhea in adolescent girls

Protocol summary

Summary

The purpose of this study was to compare the effects of aerobic training and pelvic floor muscle exercises on primary dysmenorrhea in Saleh Abad city adolescent girls In this study which was conducted semi empirical, 45 subjects that suffering from average and severe primary dysmenorrhea participated as the research sample. The subjects were selected voluntarily and were divided in a simple random method into three groups of 15 as aerobic training, kegel training and control groups. The exercise protocol were conducted three sessions a week with intensity of 65 percent of maximum heart rate during 45-minute; and in pelvic floor muscle group it was done daily three sessions for 15 minutes. The two groups had performed the exercises for eight weeks.The control group had no exercise activity during this period. Primary dysmenorrhea measurement questionnaires was used to collect the data(intensity and duration of pain) and in order to homogenize the aerobic fitness of the subjects, a test includes running a mile was used pre and post eight weeks.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2014042017362N1**
Registration date: **2014-05-17, 1393/02/27**
Registration timing: **retrospective**

Last update:
Update count: **0**

Registration date

2014-05-17, 1393/02/27

Registrant information

Name

Maryam Nasri

Name of organization / entity

Shahid Rajaee Teacher Training

Country

Iran (Islamic Republic of)

Phone

+98 21 2297 0051

Email address

m.nasri90@yahoo.com

Recruitment status

Recruitment complete

Funding source

Ministry of education

Expected recruitment start date

2013-04-03, 1392/01/14

Expected recruitment end date

2013-06-21, 1392/03/31

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effects of two selected types of training on primary dysmenorrhea in adolescent girls

Public title

The effects of two training on primary dysmenorrhea in adolescent girls

Purpose

Treatment

Inclusion/Exclusion criteria

non athletes; Regular menstrual; average and severe primary dysmenorrhea ;Health

Age

From **15 years** old to **18 years** old

Gender

Female

Phase
N/A
Groups that have been masked
No information
Sample size
Target sample size: **45**
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
Shahid Rajaee Teacher Training University Tehran, Iran
Street address
shabanlu street, Lavizan,Tehran
City
Tehran
Postal code
-
Approval date
2013-01-09, 1391/10/20
Ethics committee reference number
38145

Health conditions studied

1

Description of health condition studied
primary dysmenorrhea
ICD-10 code
N94.4
ICD-10 code description
Noninflammatory disorders of female genital tract

Primary outcomes

1

Description
Intensity of pain
Timepoint
pre and post 8 weeks exercise
Method of measurement
pain ruler(vas)

Secondary outcomes

1

Description
Duration of pain
Timepoint
pre and post 8 weeks exercise
Method of measurement
Questionnaire

Intervention groups

1

Description
aerobic exrcise was in first group . The exercise protocol was conducted three sessions a week with intensity of 65 percent of maximum heart rate during 45 minute for 8 week
Category
N/A

2

Description
pelvic floor muscle exercise was in second group.in pelvic floor muscle group it was done three sessions daily for 15 minutes performed the exercises for eight weeks
Category
N/A

3

Description
have not exercise for control group
Category
N/A

Recruitment centers

1

Recruitment center
Name of recruitment center
kosar hight school
Full name of responsible person
Maryam nasri
Street address
Center contacs, Saleh Abad city,Bahar city
City
Saleh Aabad

2

Recruitment center
Name of recruitment center
sedigheh kobra school
Full name of responsible person
maryam nasri
Street address

conside center contacs, Saleh abad City, Bahar city

City

Saleh Aabad

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Ministry of education.

Full name of responsible person

Maryam Nasri

Street address

Takhti street,Soleimani Martyr street, Negin Apartment,7

City

Hamedan

Grant name

ندارد

Grant code / Reference number

Is the source of funding the same sponsor organization/entity?

Yes

Title of funding source

Ministry of education.

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

Ministry education

Full name of responsible person

Maryam Nasri

Position

Ms physiology exercise

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