

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

11 Sep 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 Rajaei 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 exercise 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 high school

##### Full name of responsible person

Maryam nasri

##### Street address

Center contacts, 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**

**Street address**

7 number,Negin1 Apartment, Soleimanian street,  
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**Web page address**

## Person responsible for scientific inquiries

### Contact

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**Position**

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## Person responsible for updating data

### Contact

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**Full name of responsible person**

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**Position**

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**Other areas of specialty/work**

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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*