

Clinical Trial Protocol

Iranian Registry of Clinical Trials

11 Sep 2026

The effect of a core stability exercise program on the primary dysmenorrhea in young adult females- a randomized controlled trial

Protocol summary

Summary

Objectives: The Study aimed to assess the effect of a Core Stability Exercises program on pain severity, pain duration and drug consumption in primary dysmenorrhea in adult female. **Design:** In this randomized controlled trial, participants were randomly assigned to an experimental group (17 subjects) and a control group (17 subjects). **Setting and conduct:** The subjects in exercise group participated in an 8 week (3 sessions a week) Core Stability Exercise program. But the control group didn't participate in any intervention. **Participants:** young girls aged 18- 25 years old who lived in Arak and had these conditions: persistent primary dysmenorrhea of more than 6 months with regular menstruation cycles, no history of pregnancy, low back pain, polycystic ovary disease or pelvic infection. **Intervention:** Core Stability Exercise program was prescribed to the subjects in exercise group in 8 weeks (3 sessions a week). **Main outcome measures:** Numeric Pain Scale, the number of hours that the pain continued and total number of painkillers consumption for the pain reduction were used in pre and post-test for evaluation of pain intensity, pain duration, and drug usage.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2016103119024N2**

Registration date: **2016-11-13, 1395/08/23**

Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2016-11-13, 1395/08/23

Registrant information

Name

Fahime Mahmoudi

Name of organization / entity

Arak University

Country

Iran (Islamic Republic of)

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Recruitment status

Recruitment complete

Funding source

Vice chancellor for research, Arak University

Expected recruitment start date

2013-04-20, 1392/01/31

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 effect of a core stability exercise program on the primary dysmenorrhea in young adult females- a randomized controlled trial

Public title

The effect of exercise on primary dysmenorrhea

Purpose

Treatment

Inclusion/Exclusion criteria

Major inclusion criteria: Young Adult Females 18- 25 years old who lived in Iran, Arak; persistent primary dysmenorrhea of more than 6 months with regular menstruation cycles; no history of pregnancy; low back pain; diabetes; poly cystic ovary disease; pelvic infection

or pelvic pain with no relation to dysmenorrhea. Major exclusion criteria: tolerating inability to exercise; having any additional physical activity; taking any medications or vitamin and mineral supplements.

Age

From **18 years** old to **25 years** old

Gender

Female

Phase

2-3

Groups that have been masked

No information

Sample size

Target sample size: **34**

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 Arak University of Medical Sciences

Street address

Arak University of Medical Sciences, Sardasht, Arak, Iran

City

Arak

Postal code

38156 - 879

Approval date

2013-11-11, 1392/08/20

Ethics committee reference number

92-154-12

Health conditions studied

1

Description of health condition studied

Primary dysmenorrhea

ICD-10 code

N94.4

ICD-10 code description

Primary dysmenorrhea

Primary outcomes

1

Description

Pain intensity

Timepoint

Pre and post test

Method of measurement

Numeric Pain Scale

2

Description

Pain duration

Timepoint

Pre and post test

Method of measurement

The number of hours that the pain continued

3

Description

Drugs usage

Timepoint

Pre and post test

Method of measurement

Total number of painkillers consumption for the pain reduction

Secondary outcomes

empty

Intervention groups

1

Description

The subjects in exercise group participated in an 8 week (3 sessions a week) Core Stability Exercise program.

Category

Other

2

Description

The control group didn't participate in any intervention.

Category

Other

Recruitment centers

1

Recruitment center

Name of recruitment center

Arak University

Full name of responsible person

Fahime Mahmoudi

Street address

Arak University, Shareaati street, Arak, Iran

City
Arak

Sponsors / Funding sources

1

Sponsor

Name of organization / entity
Vice chancellor for research, Arak University
Full name of responsible person
Doctor Alireza Fazlaali
Street address
Vice chancellor for research, Arak University, Oloum Alley, Shariati Square, Arak, Iran
City
Arak

Grant name

Grant code / Reference number

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

Yes

Title of funding source

Vice chancellor for research, Arak University

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

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Arak University
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M.Sc of Physical Training and Sport Sciences
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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