

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

23 Feb 2026

### The Effect of Vitamin B complex and Pilates on the Pre-Menstrual Syndrome in non-athletic girls

#### Protocol summary

##### Summary

The purpose of this study was to compare the Effect of Fennel and Pilates on the Pre-Menstrual Syndrome(PMS) in non-athletic girls. Methods: This quasi-experimental study was conducted on 40 non-athlete female students. They aged 18-23 year and had been diagnosed with PMS. The participants were assigned to four experimental groups (Vitamin, Pilate, Vitamin and Pilate) and a control group. All the trainings were performed about 4 weeks and every week there were 3 sessions of training. Students were advised to use the Vitamin B complex, 1 times a day for a Month. The participants were investigated during their first period (pre-test) and the second (post-test), using a premenstrual symptoms screening tool (psst). Conclusion: Our findings indicate that consumption this Vitamin B complex with Pilates exercise improves the severity of PMS symptom among the participants of this Study Essential Key: premenstrual syndrome, Pilates, fennel the plant

#### General information

##### Acronym

##### IRCT registration information

IRCT registration number: **IRCT2015012520465N2**  
Registration date: **2015-02-03, 1393/11/14**  
Registration timing: **retrospective**

Last update:

Update count: **0**

##### Registration date

2015-02-03, 1393/11/14

##### Registrant information

###### Name

Fatemeh Omidali

###### Name of organization / entity

University of Ayatollah Boroujerdi

##### Country

Iran (Islamic Republic of)

##### Phone

+98 66 4246 8320

##### Email address

f.omidali@abru.ac.ir

##### Recruitment status

**Recruitment complete**

##### Funding source

University of Ayatollah Boroujerdi

##### Expected recruitment start date

2014-09-23, 1393/07/01

##### Expected recruitment end date

2014-10-23, 1393/08/01

##### Actual recruitment start date

empty

##### Actual recruitment end date

empty

##### Trial completion date

empty

##### Scientific title

The Effect of Vitamin B complex and Pilates on the Pre-Menstrual Syndrome in non-athletic girls

##### Public title

The Effect of Vitamin B complex and Pilates on the Pre-Menstrual Syndrome in non-athletic girls

##### Purpose

Treatment

##### Inclusion/Exclusion criteria

Inclusion criteria: signs of PMS; non- athlete; absence of disease Exclusion criteria: disease; lack of cooperation

##### Age

From **18 years** old to **23 years** old

##### Gender

Female

##### Phase

N/A

## Groups that have been masked

No information

## Sample size

Target sample size: 260

## 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

Ayatolah Bourujerdy University

##### Street address

3km Khorramabad Bourujerd

##### City

Bourujerd

##### Postal code

#### Approval date

2010-09-23, 1389/07/01

#### Ethics committee reference number

93-10پ

## Health conditions studied

### 1

#### Description of health condition studied

Pilates and vitamin B complex relationship between the symptoms of premenstrual syndrome in girls non-athletes

#### ICD-10 code

#### ICD-10 code description

## Primary outcomes

### 1

#### Description

physical symptoms

#### Timepoint

Pretest- Post test

#### Method of measurement

Premenstrual Symptoms screening of questionnaires psst (Iranian species)

### 2

#### Description

Of mood and behavioral symptoms

#### Timepoint

Pretest- Post test

#### Method of measurement

Premenstrual Symptoms screening of questionnaires psst (Iranian species)

### 3

#### Description

Effects of physical symptoms, mood and behavior life of individuals with premenstrual syndrome

#### Timepoint

Pretest- Post test

#### Method of measurement

Premenstrual Symptoms screening of questionnaires psst (Iranian species)

## Secondary outcomes

empty

## Intervention groups

### 1

#### Description

Intervention group1: The Pilates exercises for 4 weeks, 3 times a week and each session was 45 minutes

#### Category

Lifestyle

### 2

#### Description

Intervention group2: All the trainings were performed about 4 weeks and every week there were 3 sessions of training. Students were advised to use the Vitamin B complex, 1 times a day for a Month

#### Category

Lifestyle

### 3

#### Description

Intervention group3: Students were advised to use the Vitamin B complex, 1 times a day for a Month

#### Category

Treatment - Drugs

### 4

#### Description

Control group: did not receive any training done and complementary

#### Category

N/A

## Recruitment centers

1

### Recruitment center

**Name of recruitment center**  
University ayatollah bourujerdy  
**Full name of responsible person**  
Fatemeh Omidali  
**Street address**  
3km Khorramabad Bourujerd  
**City**  
Bourujerd

## Sponsors / Funding sources

1

### Sponsor

**Name of organization / entity**  
Ayatollah Bourujerdy University  
**Full name of responsible person**  
Fatemeh Omidali  
**Street address**  
3km Khorramabad Bourujerd  
**City**  
Bourujerd  
**Grant name**  
**Grant code / Reference number**  
**Is the source of funding the same sponsor organization/entity?**  
Yes  
**Title of funding source**  
Ayatollah Bourujerdy 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

**Name of organization / entity**  
Ayatolah Bourujerdy University  
**Full name of responsible person**  
Fatemeh Omidali  
**Position**  
Master of Science  
**Other areas of specialty/work**  
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## Person responsible for scientific inquiries

### Contact

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## Person responsible for updating data

### Contact

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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*

