

Clinical Trial Protocol

Iranian Registry of Clinical Trials

02 Jun 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

Street address

3km Khorramabad Bourujerd

City

Bourujerd

Postal code

Phone

+98 66 4246 8320

Fax

Email

f.omdali@abru.ac.ir

Web page address

Person responsible for scientific inquiries

Contact

Name of organization / entity

Ayatolah Bourujery University

Full name of responsible person

Fatemeh Omidali

Position

Master of Science

Other areas of specialty/work

Street address

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City

Bourujerd

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Phone

+98 66 4246 8320

Fax

Email

f.omidali@abru.ac.ir

Web page address

Person responsible for updating data

Contact

Name of organization / entity

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Street address

City

Postal code

Phone

+98 66 4246 8320

Fax

Email

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

