Clinical Trial Protocol
Iranian Registry of Clinical Trials

22 Nov 2026

Effect of 8 weeks of aqua yoga versus no training on pain severity and duration of menstruation in girl students with primary dysmenorrhea: a randomized clinical trial

Protocol summary

Study aim
To assess the effect of 8 weeks of aqua yoga versus no training on pain severity and duration of menstruation in girl students with primary dysmenorrhea

Design
This is a randomized clinical trial, in which 40 eligible patients will be randomly assigned to the intervention and control groups

Settings and conduct
This is a randomized clinical trial, in which 40 girl students with primary dysmenorrhea will be randomly assigned to the intervention and control groups

Participants/Inclusion and exclusion criteria
Inclusion criteria: Age of 18 to 26 years; Primary dysmenorrhea; Single Exclusion criteria: A history of secondary dysmenorrhea; Having regular physical activity 2 sessions a week or more; Physical and motor problem

Intervention groups
Intervention group: Routine treatment of dysmenorrhea plus aqua yoga, for one hour, twice a week, for 8 weeks
Control group: Routine treatment of dysmenorrhea

Main outcome variables
Primary outcome: Assessing the pain severity of menstruation, Assessing the pain duration of menstruation

General information

Reason for update

Acronym

IRCT registration information
IRCT registration number: **IRCT20120215009014N245**
Registration date: **2018-10-21, 1397/07/29**
Registration timing: **registered_while_recruiting**

Last update: **2018-10-21, 1397/07/29**
Update count: **0**

Registration date
2018-10-21, 1397/07/29

Registrant information

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Recruitment status
Recruitment complete

Funding source

Expected recruitment start date
2018-09-23, 1397/07/01

Expected recruitment end date
2018-10-23, 1397/08/01

Actual recruitment start date
empty

Actual recruitment end date
empty

Trial completion date
empty

Scientific title
Effect of 8 weeks of aqua yoga versus no training on pain severity and duration of menstruation in girl students with primary dysmenorrhea: a randomized clinical trial

Public title
Effect of 8 weeks of aqua yoga versus no training on pain severity and duration of menstruation in girl students

with primary dysmenorrhea

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria:

Age of 18 to 26 years; Primary dysmenorrhea; Single

Exclusion criteria:

A history of secondary dysmenorrhea; Having regular physical activity 2 sessions a week or more; Physical and motor problem

Age

From **18 years** old to **26 years** old

Gender

Female

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **40**

Randomization (investigator's opinion)

Randomized

Randomization description

Random assignment of the patients to the intervention and control groups through the drawing of lots

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 Hamadan University of Medical Sciences

Street address

Vice-chancellor for Research and Technology, Hamadan University of Medical Sciences, Shahid Fahmideh Ave

City

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Province

Hamadan

Postal code

6517838695

Approval date

2018-09-22, 1397/06/31

Ethics committee reference number

IR.UMSHA.REC.1397.451

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

Assessing the pain severity of menstruation

Timepoint

8 weeks after intervention

Method of measurement

By using standard questionnaire

2

Description

Assessing the pain duration of menstruation

Timepoint

8 weeks after intervention

Method of measurement

By using standard questionnaire

Secondary outcomes

empty

Intervention groups

1

Description

Intervention group: Routine treatment of dysmenorrhea plus aqua yoga, for one hour, twice a week, for 8 weeks

Category

Treatment - Other

2

Description

Control group: Routine treatment of dysmenorrhea

Category

N/A

Recruitment centers

1

Recruitment center

Name of recruitment center

Bu-Ali Sina University of Hamadan

Full name of responsible person

Nesa Hashemi

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Sponsors / Funding sources

1

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Name of organization / entity
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Grant name
Grant code / Reference number
Is the source of funding the same sponsor organization/entity?
Yes
Title of funding source
Hamedan University of Medical Sciences
Proportion provided by this source
100
Public or private sector
Public
Domestic or foreign origin
Domestic
Category of foreign source of funding
empty
Country of origin
Type of organization providing the funding
Academic

Person responsible for general inquiries

Contact
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Sharing plan

Deidentified Individual Participant Data Set (IPD)

Undecided - It is not yet known if there will be a plan to make this available

Study Protocol

Undecided - It is not yet known if there will be a plan to make this available

Statistical Analysis Plan

Undecided - It is not yet known if there will be a plan to make this available

Informed Consent Form

Undecided - It is not yet known if there will be a plan to make this available

Clinical Study Report

Undecided - It is not yet known if there will be a plan to make this available

Analytic Code

Undecided - It is not yet known if there will be a plan to make this available

Data Dictionary

Undecided - It is not yet known if there will be a plan to make this available