

Clinical Trial Protocol

Iranian Registry of Clinical Trials

18 Sep 2026

Comparative effects of aerobic exercise and Pilates exercise on the quality of life of female students settling in the dormitories of Tehran University of Medical Sciences

Protocol summary

Summary

The research method in this investigation is semi experimental . It consists of two interference groups and one control group . statistical population consists of the female students settling in the dormitories of Tehran University of Medical Sciences .cases are divided into three equal groups, consisting 40 members called aerobic , pilates and control according to the standard of studing. Written Informed consent form will be completed before taking part in the research process. Control group members will be justified by the researcher and accept to delay their practice for 8 weeks and participate just in pretest and posttest. According to the method and research goals the best means for gathering necessary information will be questionnaire in this research quality of life questionnaire of SF-36 consisting two parts , physical and mental situation each consisting of four parts is used. components of the first part include physical activity, Role limitations due to physical problems, physical pain and general health and the components of the second part consist of happiness , social activity exciting role and mental health . by the way personal qualification questionnaire and the willingness form will be ready for the individual. The cases will be trained in the aerobic and pilates. the control group during this period will not participate in any organized practicing program and the sports activity and two weeks after the end of the 8 weeks practice interference groups. the quality of life questionnaire is distributed among all the members of the interference group and the control group. In this way the data will begin in two tarns and two weeks after the end of the 8 weeks (pretest and post test) collected and after grading will be analyzed.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT201301099463N11**

Registration date: **2014-11-09, 1393/08/18**

Registration timing: **registered_while_recruiting**

Last update:

Update count: **0**

Registration date

2014-11-09, 1393/08/18

Registrant information

Name

Zahra Behboodi Moghadam

Name of organization / entity

Tehran University of Medical Sciences

Country

Iran (Islamic Republic of)

Phone

+98 21 6692 7171

Email address

behboodi@tums.ac.ir

Recruitment status

Recruitment complete

Funding source

Vice-chancellor for research -Tehran University of Medical Science

Expected recruitment start date

2014-10-23, 1393/08/01

Expected recruitment end date

2015-01-05, 1393/10/15

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Comparative effects of aerobic exercise and Pilates exercise on the quality of life of female students settling in the dormitories of Tehran University of Medical Sciences

Public title

Comparative effects of aerobic exercise and Pilates exercise on the quality of life

Purpose

Other

Inclusion/Exclusion criteria

Inclusion criteria: singl girl 18 - 35 years old; BMI<34; lack of any metabolic or any disorder interfering exercise; lack of Neuromuscular disease preventing individual from participating pilates session; lack of having any operating during the last six months; lack of any sports activity for all groups (aerobic,pilates and control) from two months ago . Exclusion criteria: Be going any sports activity for all groups (aerobic, pilates and control); Did ordering experiences from two mounts ago during and two months after disorder ; Causing any complication preventing the individual from doing exercise; In case of not participating in exercises three sessions continously or five sessions interruptedly .

Age

From **18 years** old to **35 years** old

Gender

Female

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **120**

Randomization (investigator's opinion)

Not randomized

Randomization description**Blinding (investigator's opinion)**

Not blinded

Blinding description**Placebo**

Not used

Assignment

Single

Other design features**Secondary Ids**

empty

Ethics committees**1****Ethics committee****Name of ethics committee**

Ethics Committee of Tehran University of Medical Sciences

Street address

Class 6, Central Organization of the Univercity,Street Ghods, Blvd keshavarz, Ethics Committee of Tehran University of Medical Sciences

City

Tehran

Postal code**Approval date**

2014-06-11, 1393/03/21

Ethics committee reference number

130/618/93/3

Health conditions studied**1****Description of health condition studied**

Quality of Life

ICD-10 code

Is not def

ICD-10 code description

Is not defined for this study

Primary outcomes**1****Description**

Quality of life

Timepoint

Before the intervention-Two weeks after the intervention.

Method of measurement

Quality of Life Questionnaire SF_36

Secondary outcomes

empty

Intervention groups**1****Description**

In the aerobic group (1) for 8 weeks, 3 times a week doing aerobic exercises .

Category

Lifestyle

2**Description**

In the Pilates group (2) for 8 weeks, 3 times a week doing Pilates exercises .

Category

Lifestyle

3**Description**

In the control group, (3) there is no interference.

Category

Lifestyle

Recruitment centers

1

Recruitment center

Name of recruitment center

Dormitory of Tehran University of Medical Sciences

Full name of responsible person

Doctor Beboodi Moghadam

Street address

School of Nursing and Midwifery, Tehran University of Medical Sciences, Street Nosrat, Tohid Square, Tehran

City

Tehran

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Tehran University of Medical Sciences

Full name of responsible person

Mr.Younesin Masood

Street address

Class 6, Central Organization of the University, Street Ghods, Blvd keshavarz, Tehran University of Medical Sciences

City

Tehran

Grant name**Grant code / Reference number****Is the source of funding the same sponsor organization/entity?**

Yes

Title of funding source

Tehran University of Medical Sciences

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

School of Nursing and Midwifery, Tehran University of Medical Sciences

Full name of responsible person

Ashrafnezhad Zhale

Position

Graduate Student Midwives

Other areas of specialty/work**Street address**

School of Nursing and Midwifery, Tehran University of

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City

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+98 21 6693 7120

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zhashrafnezhad@yahoo.com

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Person responsible for scientific inquiries

Contact

Name of organization / entity

School of Nursing and Midwifery, Tehran University of Medical Sciences

Full name of responsible person

Doctor Behboodi Moghadam Zahra

Position

PhD in Reproductive Health

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Person responsible for updating data

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Name of organization / entity

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Full name of responsible person

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Position

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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

Data Dictionary

empty