

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

10 Jun 2026

### Comparison of effect of massage therapy and isometric exercises on primary dysmenorrhea

#### Protocol summary

##### Summary

The aim of this randomized control trial is comparison of effect of massage therapy and isometric exercise on primary dysmenorrhea in student of dormitories Shiraz university. 96 females with primary dysmenorrhea will be selected and will be randomly put in three groups: massage therapy, isometric exercise and control. Inclusion criteria: female student with intensity of pain 5 or more by Visual Analogue Scale (VAS), any systemic or reproductive organ disease; exclusion criteria: use of analgesic drug during study, allergy to lavender oil, more than 3 hours of continuous exercise per week. Massage therapy group after the start of dysmenorrhea will receive 30 minute massage of the upper symphysis pubis and upper umbilicus. Pain will be measured before and after massage with Visual Analogue Scale (VAS), and anxiety will be measured at 24 hours after massage. Exercise group will take isometric exercise protocol for 8 weeks. In control group will not be any intervention. Pain in control and exercise group will be measured in first and second day start of dysmenorrhea before and after 30 minute. Anxiety levels will be measured 24 hours after pain on second day.

#### General information

##### Acronym

##### IRCT registration information

IRCT registration number: **IRCT2012123011945N1**  
Registration date: **2013-03-12, 1391/12/22**  
Registration timing: **registered\_while\_recruiting**

Last update:

Update count: **0**

##### Registration date

2013-03-12, 1391/12/22

##### Registrant information

##### Name

Hajar Rajaei bakhshayesh

##### Name of organization / entity

Fatemeh college of nursing and midwifery, Shiraz  
University of Medical Sciences

##### Country

Iran (Islamic Republic of)

##### Phone

+98 71 1212 2633

##### Email address

rajaei\_h@sums.ac.ir

##### Recruitment status

**Recruitment complete**

##### Funding source

Vice chancellor for research Shiraz University of Medical Sciences

##### Expected recruitment start date

2012-10-21, 1391/07/30

##### Expected recruitment end date

2013-05-22, 1392/03/01

##### Actual recruitment start date

empty

##### Actual recruitment end date

empty

##### Trial completion date

empty

##### Scientific title

Comparison of effect of massage therapy and isometric exercises on primary dysmenorrhea

##### Public title

comparison of massage and isometric exercise on dysmenorrhea

##### Purpose

Supportive

##### Inclusion/Exclusion criteria

inclusion criteria: female student with intensity of pain is 5 or more by VAS; any systemic or reproductive organ diseases; exclusion criteria: use of analgesic drug during

study;any allergy to lavender oil;more than 3 hours of continuous per week

**Age**

No age limit

**Gender**

Female

**Phase**

N/A

**Groups that have been masked**

No information

**Sample size**

Target sample size: 96

**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**

Shiraz University of Medical Sciences

**Street address**

Zand ave

**City**

Shiraz

**Postal code**

Iran

**Approval date**

2012-12-24, 1391/10/04

**Ethics committee reference number**

CT-91-6355

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

Primary dysmenorrhoea

**ICD-10 code**

N94.4

**ICD-10 code description**

Primary dysmenorrhoea

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

Pain duration and severity

**Timepoint**

First, second and third months.

**Method of measurement**

visoual analogue scale

**Secondary outcomes****1****Description**

anexitey

**Timepoint**

First, second and third months.

**Method of measurement**

Spiel berger questionnaire

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

In massage therapy group ,take massage upper symphysis pubis and upper umbilicus for tow month .

**Category**

Other

**2****Description**

In Exercise group ,training isometric exercise protocol for 8 weeks.

**Category**

Other

**3****Description**

In control group not be any intervention.

**Category**

N/A

**Recruitment centers****1****Recruitment center****Name of recruitment center**

Eram Dormitories, Shiraz University

**Full name of responsible person**

Leyla Hatamy

**Street address**

Eram Square

**City**

Shiraz

**Sponsors / Funding sources**

## 1

### Sponsor

**Name of organization / entity**

Shiraz University of Medical Sciences

**Full name of responsible person**

Dr Gholam Reza Hatam

**Street address**

Shiraz University of Medical Sciences, Zand Ave

**City**

Shiraz

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

Yes

**Title of funding source**

Shiraz 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**

Fatemeh (PBUH) College of Nursing and Midwifery,  
Shiraz

**Full name of responsible person**

Sara Azima

**Position**

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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*