

Clinical Trial Protocol

Iranian Registry of Clinical Trials

12 Sep 2026

The Effect of 8 week aerobic exercise and yoga on primary dismenorrhea

Protocol summary

Summary

The purpose of this study is evaluation of the effects of 8-week aerobic exercise and yoga on primary dysmenorrhea. Methods: 60 non-athletic girls with primary dysmenorrhea voluntarily took part in this quasi-experimental study. The participants were randomly divided into three groups of aerobic exercise (20 persons), yoga exercise (20persons) and a control group (20 persons). the pain intensity measured byusing visual analogue scale was used to measure primary dysmenorrhea, period of pain and amount of using sedative drugs during the first period of menstruation (pre-test) and the third period of menstruation (post-test). In this eight-week training program, the aerobic exercise group did aerobics three sessions in week for 60 minutes, and yoga group practiced breathing techniques, asanas and relaxation techniques three sessions in week for 60 minutes. Inclusion criteria :20-25 years old,single, having regular cycle and primary dismenorrhea , no using ocp and not having regular exercise Exclusion criteria:being married,using any drug, having irregular cycle, regular exercise

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2013091014611N1**

Registration date: **2013-09-22, 1392/06/31**

Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2013-09-22, 1392/06/31

Registrant information

Name

Tahereh Siahpour

Name of organization / entity

Islamic azad university fars scince and research branch

Country

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Email address

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Recruitment status

Recruitment complete

Funding source

Islamic azad university fars science and research branch

Expected recruitment start date

2012-04-20, 1391/02/01

Expected recruitment end date

2012-07-20, 1391/04/30

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The Effect of 8 week aerobic exercise and yoga on primary dismenorrhea

Public title

The Effect of 8 week aerobic exercise and yoga on primary dismenorrhea

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion:20-25 years old,single, having regular cycle and primary dismenorrhea ,having not regular exercise and using ocp. Exclusion criteria: being married,having any diseases or using any drug.having regular exercise

Age

From **20 years** old to **25 years** old

Gender

Female

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: 60

Randomization (investigator's opinion)

Randomized

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

Double blinded

Blinding description**Placebo**

Not used

Assignment

Parallel

Other design features**Secondary Ids**

empty

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

Islamic azad university fars science and research branch

Street address

Dorodzan dam,18 km Marvdasht road,Fars province

City

Marvdasht

Postal code**Approval date**

2012-04-07, 1391/01/19

Ethics committee reference number

48121404891037

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

Primary dismenorrhea

ICD-10 code

N94.4

ICD-10 code description

Primary dismenorrhea

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

Severity of primary dysmenorrhea

Timepoint

Menstruation (post-test) and after eight-week training program

Method of measurement

Severity of pain is determining by a visual analogue

scale.

2**Description**

Amount of primary dysmenorrhea

Timepoint

Menstruation (post-test) and after eight-week training program

Method of measurement

The measurement questionnaire of primary dysmenorrhea was used to measure primary dysmenorrhea, intensity, period of pain and amount of using sedative drugs during the first period of menstruation (pre-test) and the third period of menstruation (post-test)

3**Description**

Using sedative drugs

Timepoint

Menstruation (post-test) and after eight-week training program

Method of measurement

The measurement questionnaire of primary dysmenorrhea was used to measure primary dysmenorrhea using sedative drugs during

Secondary outcomes

empty

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

The second group have done yoga exersies in 8 weeks,three times a week for 60 minuetes.these exersies contain respiratory techniques,asanas and relaxations techniques

Category

Treatment - Other

2**Description**

The firest group have done aerobic exercise in 8 weeks ,three times a weekwith warm up, cool down and rigular aerobic exercise with music for 60 minutes

Category

Treatment - Other

3**Description**

The control group did not do any regular physical activities during the period of study.

Category

Treatment - Other

Recruitment centers

1

Recruitment center

Name of recruitment center

Sport club

Full name of responsible person

Tahereh siahpour

Street address

asouj azad university and sport clap nadya

City

Uasoj

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Islamic azad university fars science and research branch

Full name of responsible person

Mr barkhordari and di bazargan

Street address

Dorodzan dam,18 km Marvdasht road,Fars province

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Marvdasht

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

Yes

Title of funding source

Islamic azad university fars science and research branch

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**

Islamic azad university fars science and research branch

Full name of responsible person

Ahereh Siahpour

Position

MSc

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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

Data Dictionary

empty