Clinical Trial Protocol
Iranian Registry of Clinical Trials

07 Nov 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

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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
City
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
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Person responsible for updating data

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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