Clinical Trial Protocol
Iranian Registry of Clinical Trials

17 Sep 2026

The effect of Pilates exercise on self esteem in female nursing students

Protocol summary

Summary

The aim of this study was to investigate the effect of Pilates exercise on self esteem among female nursing students. This study is an experimental study. Total of 62 persons, are selected by convenience sampling method, among nursing students of Sabzevar University of Medical Science, who have inclusion criteria (19-30 years old, no present or past physical and mental illness, no occurrence of stressful issues in 6 last weeks, no having any sport of physical activity in 1 last months, not pregnant). Then they are divided into control and experimental groups randomly by flapping coin. Personal information questionnaire and Cooper Smith scale (for self esteem) are used. The experimental group are doing Pilates exercise with the coach, at 8 weeks, 2 time a week for 60 minutes. The control group continued their daily activities. Self esteem by using Cooper Smith scale at the beginning and eight weeks after the intervention will be completed by the way of Self-reported.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2014040917202N1**
Registration date: **2014-08-16, 1393/05/25**
Registration timing: **retrospective**

Last update:
Update count: **0**

Registration date

2014-08-16, 1393/05/25

Registrant information

Name

Seyedeh Akram Hoseini

Name of organization / entity

Sabzevar University of Medical Sciences

Country

Iran (Islamic Republic of)

Phone

+98 57 1444 6070

Email address

hossainia91@yahoo.com

Recruitment status

Recruitment complete

Funding source

Sabzevar University of Medical Scinces

Expected recruitment start date

2014-05-05, 1393/02/15

Expected recruitment end date

2014-05-15, 1393/02/25

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effect of Pilates exercise on self esteem in female nursing students

Public title

Pilates on self esteem

Purpose

Prevention

Inclusion/Exclusion criteria

inclusion criteria: female student, 19-30 years old, no present or past history of physical and mental illness, any occurrence of stressful event in 6 last weeks, not doing any sport or physical activity in 1 last months, not pregnant exclusion criteria: Unwillingness to continue exercise, failure to do 4 session of exercise, Crisis or major event during the study

Age

From **18 years** old to **29 years** old

Gender

Female

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **62**

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

Sabzevar University of Medical Scinces

Street address

School of Nursing and Midwifery; next to the police station to Shahroud road, Sabzevar

City

Sabzevar

Postal code

Approval date

2014-05-05, 1393/02/15

Ethics committee reference number

medsab.Rec.93.2

Health conditions studied

1

Description of health condition studied

self esteem

ICD-10 code

F88

ICD-10 code description

Other disorders of psychological development

Primary outcomes

1

Description

self esteem

Timepoint

beginning and eight weeks after the intervention

Method of measurement

Cooper Smith scale

Secondary outcomes

empty

Intervention groups

1

Description

intervention: This group doing the Pilates exercise at 8 weeks, 2 time a week for 60 minutes with the coach. Self esteem will be assess by Cooper Smith scale at the beginning and eight weeks after the intervention.

Category

Prevention

2

Description

control: The control group continued their daily activities

Category

N/A

Recruitment centers

1

Recruitment center

Name of recruitment center

Sabzevar University of Medical Scinces

Full name of responsible person

Mehdi Golafrooz Shahri

Street address

School of Nursing and Midwifery; next to the police station to Shahroud road, Sabzevar

City

Sabzevar

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Sabzevar University of Medical Scinces

Full name of responsible person

Moosa Reza Tadayonfar

Street address

School of Nursing and Midwifery; next to the police station to Shahroud road, Sabzevar

City

Sabzevar

Grant name

Grant code / Reference number

Is the source of funding the same sponsor organization/entity?

Yes

Title of funding source

Sabzevar University of Medical Scinces

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

Sabzevar University of Medical Scinces

Full name of responsible person

Mehdi Golafrooz Shahri

Position

MSc./Member of Faculty

Other areas of specialty/work

Street address

School of Nursing and Midwifery; next to the police station to Shahroud road, Sabzevar

City

Sabzevar

Postal code

Phone

+98 57 1444 6070

Fax

Email

mehdigolafrooz@yahoo.com

Web page address

Person responsible for scientific inquiries

Contact

Name of organization / entity

Arak University of Medical Sciences

Full name of responsible person

Hajar Sadeghi

Position

MSc./Member of Faculty

Other areas of specialty/work

Street address

School of Nursing and Midwifery, Great Prophet's university complex, Basij square, Sardasht

City

Sardasht

Postal code

Phone

+98 86 3417 3503

Fax

Email

Haj.sadeghi@yahoo.com

Web page address

Person responsible for updating data

Contact

Name of organization / entity

Sabzevar University of Medical Science

Full name of responsible person

Seyedeh Akram Hoseini

Position

Student of MSc Nursing

Other areas of specialty/work

Street address

School of Nursing and Midwifery; next to the police station to Shahroud road, Sabzevar

City

Sabzevar

Postal code

Phone

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Fax

Email

hossainia91@yahoo.com

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