

Clinical Trial Protocol

Iranian Registry of Clinical Trials

14 Jul 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 Sciences

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

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity
Sabzevar University of Medical Scinces

Full name of responsible person
Moosa Reza Tadayonfar

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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

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Person responsible for general inquiries

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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