

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

10 Jun 2026

### The effect of a core stability exercise program on the primary dysmenorrhea in young adult females- a randomized controlled trial

#### Protocol summary

##### Summary

Objectives: The Study aimed to assess the effect of a Core Stability Exercises program on pain severity, pain duration and drug consumption in primary dysmenorrhea in adult female. Design: In this randomized controlled trial, participants were randomly assigned to an experimental group (17 subjects) and a control group (17 subjects). Setting and conduct: The subjects in exercise group participated in an 8 week (3 sessions a week) Core Stability Exercise program. But the control group didn't participate in any intervention. Participants: young girls aged 18- 25 years old who lived in Arak and had these conditions: persistent primary dysmenorrhea of more than 6 months with regular menstruation cycles, no history of pregnancy, low back pain, polycystic ovary disease or pelvic infection. Intervention: Core Stability Exercise program was prescribed to the subjects in exercise group in 8 weeks (3 sessions a week). Main outcome measures: Numeric Pain Scale, the number of hours that the pain continued and total number of painkillers consumption for the pain reduction were used in pre and post-test for evaluation of pain intensity, pain duration, and drug usage.

#### General information

##### Acronym

##### IRCT registration information

IRCT registration number: **IRCT2016103119024N2**  
Registration date: **2016-11-13, 1395/08/23**  
Registration timing: **retrospective**

Last update:

Update count: **0**

##### Registration date

2016-11-13, 1395/08/23

##### Registrant information

##### Name

Fahime Mahmoudi

##### Name of organization / entity

Arak University

##### Country

Iran (Islamic Republic of)

##### Phone

+98 71 5383 0850

##### Email address

f-mahmoudi@arshad.araku.ac.ir

##### Recruitment status

**Recruitment complete**

##### Funding source

Vice chancellor for research, Arak University

##### Expected recruitment start date

2013-04-20, 1392/01/31

##### Expected recruitment end date

2013-06-21, 1392/03/31

##### Actual recruitment start date

empty

##### Actual recruitment end date

empty

##### Trial completion date

empty

##### Scientific title

The effect of a core stability exercise program on the primary dysmenorrhea in young adult females- a randomized controlled trial

##### Public title

The effect of exercise on primary dysmenorrhea

##### Purpose

Treatment

##### Inclusion/Exclusion criteria

Major inclusion criteria: Young Adult Females 18- 25 years old who lived in Iran, Arak; persistent primary dysmenorrhea of more than 6 months with regular menstruation cycles; no history of pregnancy; low back pain; diabetes; poly cystic ovary disease; pelvic infection

or pelvic pain with no relation to dysmenorrhea. Major exclusion criteria: tolerating inability to exercise; having any additional physical activity; taking any medications or vitamin and mineral supplements.

#### **Age**

From **18 years** old to **25 years** old

#### **Gender**

Female

#### **Phase**

2-3

#### **Groups that have been masked**

*No information*

#### **Sample size**

Target sample size: **34**

#### **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**

Ethics committee of Arak University of Medical Sciences

###### **Street address**

Arak University of Medical Sciences, Sardasht, Arak, Iran

###### **City**

Arak

###### **Postal code**

38156 - 879

##### **Approval date**

2013-11-11, 1392/08/20

##### **Ethics committee reference number**

92-154-12

### **Health conditions studied**

#### **1**

##### **Description of health condition studied**

Primary dysmenorrhea

##### **ICD-10 code**

N94.4

##### **ICD-10 code description**

Primary dysmenorrhea

### **Primary outcomes**

#### **1**

##### **Description**

Pain intensity

##### **Timepoint**

Pre and post test

##### **Method of measurement**

Numeric Pain Scale

#### **2**

##### **Description**

Pain duration

##### **Timepoint**

Pre and post test

##### **Method of measurement**

The number of hours that the pain continued

#### **3**

##### **Description**

Drugs usage

##### **Timepoint**

Pre and post test

##### **Method of measurement**

Total number of painkillers consumption for the pain reduction

### **Secondary outcomes**

empty

### **Intervention groups**

#### **1**

##### **Description**

The subjects in exercise group participated in an 8 week (3 sessions a week) Core Stability Exercise program.

##### **Category**

Other

#### **2**

##### **Description**

The control group didn't participate in any intervention.

##### **Category**

Other

### **Recruitment centers**

#### **1**

##### **Recruitment center**

###### **Name of recruitment center**

Arak University

###### **Full name of responsible person**

Fahime Mahmoudi

###### **Street address**

Arak University, Shareaati street, Arak, Iran

**City**  
Arak

## Sponsors / Funding sources

1

### Sponsor

**Name of organization / entity**  
Vice chancellor for research, Arak University  
**Full name of responsible person**  
Doctor Alireza Fazlaali  
**Street address**  
Vice chancellor for research, Arak University, Oloum Alley, Shariati Square, Arak, Iran  
**City**  
Arak

### Grant name

### Grant code / Reference number

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

Yes

### Title of funding source

Vice chancellor for research, Arak University

### 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**  
Arak University  
**Full name of responsible person**  
Fahime Mahmoudi  
**Position**  
M.Sc of Physical Training and Sport Sciences  
**Other areas of specialty/work**  
**Street address**  
Arak University, Shareaati street, Arak, Iran  
**City**  
Arak  
**Postal code**  
38138-5-3945  
**Phone**  
+98 71 5383 0850  
**Fax**  
**Email**  
Fahime.mahmoudi@yahoo.com  
**Web page address**

## Person responsible for scientific inquiries

### Contact

**Name of organization / entity**  
Arak University  
**Full name of responsible person**  
Fahime Mahmoudi  
**Position**  
M.Sc of Physical Training and Sport Sciences  
**Other areas of specialty/work**  
**Street address**  
Arak University, Shareaati street, Arak, Iran  
**City**  
Arak  
**Postal code**  
38138-5-3945  
**Phone**  
+98 71 5383 0850  
**Fax**  
**Email**  
Fahime.mahmoudi@yahoo.com  
**Web page address**

## Person responsible for updating data

### Contact

**Name of organization / entity**  
Arak University  
**Full name of responsible person**  
Fahime Mahmoudi  
**Position**  
M.Sc of Physical Training and Sport Sciences  
**Other areas of specialty/work**  
**Street address**  
Arak University, Shareaati street, Arak, Iran  
**City**  
Arak  
**Postal code**  
38138-5-3945  
**Phone**  
+98 71 5383 0850  
**Fax**  
**Email**  
Fahime.mahmoudi@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*