

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

23 Feb 2026

### Pilates and consumption relationship of fennel extract and the symptoms of PMS girls non athletic

#### Protocol summary

##### Summary

The purpose of this study was to compare the Effect of Fennel and Pilates on the Pre-Menstrual Syndrome in non-athletic girls. Methods: This quasi-experimental study was conducted on 40 non-athlete female students. They aged 18-23 year and had been diagnosed with PMS. The participants were assigned to four experimental groups (Fennel, Pilate, Fennel and Pilate) and a control group. All the trainings were performed about 4 weeks and every week there were 3 sessions of training. Students were advised to use the fennel extract, 2 times a day for a Month. The participants were investigated during their first period (pre-test) and the second (post-test), using a premenstrual symptoms screening tool (psst). Conclusion: our findings indicate that consumption this fennel extract with Pilates exercise improves the severity of pms symptom among the participants of this Study Essential Key: premenstrual syndrome, Pilates, fennel the plant

#### General information

##### Acronym

##### IRCT registration information

IRCT registration number: **IRCT2015011520465N1**  
Registration date: **2015-01-22, 1393/11/02**  
Registration timing: **retrospective**

Last update:

Update count: **0**

##### Registration date

2015-01-22, 1393/11/02

##### Registrant information

###### Name

Fatemeh Omidali

###### Name of organization / entity

University of Ayatollah Boroujerdi

##### Country

Iran (Islamic Republic of)

##### Phone

+98 66 4246 8320

##### Email address

f.omidali@abru.ac.ir

##### Recruitment status

**Recruitment complete**

##### Funding source

University of Ayatollah Boroujerdi

##### Expected recruitment start date

2014-09-24, 1393/07/02

##### Expected recruitment end date

2014-10-23, 1393/08/01

##### Actual recruitment start date

empty

##### Actual recruitment end date

empty

##### Trial completion date

empty

##### Scientific title

Pilates and consumption relationship of fennel extract and the symptoms of PMS girls non athletic

##### Public title

The Effect of Fennel and Pilates the Pre-Menstrual Syndrome in non-athletic girls

##### Purpose

Treatment

##### Inclusion/Exclusion criteria

Inclusion criteria: PMS symptoms; lack of medication; non-athletes Exclusion criteria: disease; lack of cooperation

##### Age

From **18 years** old to **23 years** old

##### Gender

Female

##### Phase

N/A

### Groups that have been masked

No information

### Sample size

Target sample size: 260

### 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

University of Ayatollah Boroujerdi

##### Street address

3km Khorramabad Bourujerd

##### City

Bourujerd

##### Postal code

#### Approval date

2014-09-23, 1393/07/01

#### Ethics committee reference number

93-10پ

## Health conditions studied

### 1

#### Description of health condition studied

Pilates and consumer relationship fennel extract on symptoms of premenstrual syndrome in girls non-athletes

#### ICD-10 code

#### ICD-10 code description

## Primary outcomes

### 1

#### Description

Mood and behavioral symptoms

#### Timepoint

Pretest- Post test

#### Method of measurement

Premenstrual Symptoms screening of questionnaires psst (Iranian species)

### 2

#### Description

Physical symptoms

#### Timepoint

Before and after the test

#### Method of measurement

Premenstrual Symptoms screening of questionnaires

### 3

#### Description

Physical and psychological symptoms of PMS the impact on the lives of patients affected by

#### Timepoint

Before and after the test

#### Method of measurement

Premenstrual Symptoms screening of questionnaires

## Secondary outcomes

### 1

#### Description

Symptoms of PMS

#### Timepoint

Before and After test

#### Method of measurement

Premenstrual Symptoms screening of questionnaires psst (Iranian species)

## Intervention groups

### 1

#### Description

Intervention group: Pilates exercises for 4 weeks, 3 times a week for 45 minutes In each session

#### Category

Lifestyle

### 2

#### Description

Intervention group: Pilates exercises for 4 weeks, 3 times a week for 45 minutes In each session: Students training along with fennel extract, 2 times a day for a month and consumed

#### Category

Lifestyle

### 3

#### Description

3 Intervention group: Students fennel extract 2 times a day for a month and consumed

#### Category

Treatment - Drugs

### 4

#### Description

Control group: not done any exercise and do not use

drugs  
**Category**  
N/A

## Recruitment centers

1

### Recruitment center

**Name of recruitment center**  
University of Ayatollah Boroujerdi  
**Full name of responsible person**  
Fatemeh Omidali  
**Street address**  
3km Khorramabad Bourujerd  
**City**  
Bourujerd

## Sponsors / Funding sources

1

### Sponsor

**Name of organization / entity**  
University of Ayatollah Boroujerdi  
**Full name of responsible person**  
Fatemeh Omidali  
**Street address**  
3km Khorramabad Bourujerd  
**City**  
Bourujerd

### Grant name

### Grant code / Reference number

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

Yes

### Title of funding source

University of Ayatollah Boroujerdi

### 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**  
University of Ayatollah Boroujerdi  
**Full name of responsible person**  
Fatemeh Omidali  
**Position**  
Master of Science  
**Other areas of specialty/work**  
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**Web page address**

## Person responsible for scientific inquiries

### Contact

**Name of organization / entity**  
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## Person responsible for updating data

### Contact

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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*