Clinical Trial Protocol
Iranian Registry of Clinical Trials

21 Sep 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

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Fatemeh Omidali
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University of Ayatollah Boroujerdi
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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

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity

University of Ayatollah Boroujerdi

Full name of responsible person

Fatemeh Omidali

Street address

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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

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Master of Science

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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