

Clinical Trial Protocol

Iranian Registry of Clinical Trials

17 Sep 2026

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

Protocol summary

Summary

The purpose of this study was to compare the effect of Pilates exercise and vitamin E in Severity of Symptoms of Premenstrual Syndrome in Non-Athlete 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 (Vitamin, Pilate, Vitamin and Pilate) and a control group. All the training's were performed about 4 weeks and every week there were 3 sessions of training. Students were advised to use the Vitamin E, 1 times a day for a Month. The participants were investigated during their first period (per-test) and the second (post-test), using a premenstrual symptoms screening tool (psst).

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2015050120465N3**

Registration date: **2015-05-19, 1394/02/29**

Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2015-05-19, 1394/02/29

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

2014-10-23, 1393/08/01

Expected recruitment end date

2014-11-22, 1393/09/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

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

Public title

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

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria: signs of PMS; non- athlete; absence of disease 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**

The Effect of Vitamin E and Pilates on the Pre-Menstrual Syndrome in non-athletic girls

ICD-10 code

(U00-U89)

ICD-10 code description

(U00-U89)

Primary outcomes**1****Description**

physical symptoms

Timepoint

Pretest- Post test

Method of measurement

Premenstrual Symptoms screening of questionnaires psst (Iranian species)

2**Description**

Of mood and behavioral symptoms

Timepoint

Pretest- Post test

Method of measurement

Premenstrual Symptoms screening of questionnaires psst (Iranian species)

3**Description**

Of mood and behavioral symptoms

Timepoint

Pretest- Post test

Method of measurement

Premenstrual Symptoms screening of questionnaires psst (Iranian species)

Secondary outcomes

empty

Intervention groups**1****Description**

ntervention group1: The Pilates exercises for 4 weeks, 3 times a week and each session was 45 minutes

Category

Lifestyle

2**Description**

Intervention group2: All the trainings were performed about 4 weeks and every week there were 3 sessions of training. Students were advised to use the VitaminE, 1 times a day for a Month

Category

Lifestyle

3**Description**

Intervention group3: Students were advised to use the VitaminE, 1 times a day for a Month

Category

Treatment - Drugs

4**Description**

Control group: did not receive any training done and complementary

Category

N/A

Recruitment centers**1****Recruitment center****Name of recruitment center**

Ayatollah Bourujerdy University

Full name of responsible person

Street address

City

Bourujerd

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+98 66 4246 8320

Fax

Email

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Web page address

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Ayatollah Bourujerdy University

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

Ayatollah Bourujerdy 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

Ayatollah Bourujerdy University

Full name of responsible person

Fatemeh Omidali

Position

Master of Science

Other areas of specialty/work

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Person responsible for scientific inquiries

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Person responsible for updating data

Contact

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