

Clinical Trial Protocol

Iranian Registry of Clinical Trials

02 Jul 2026

Comparison of the effects of interval training and vitamin D on symptoms of premenstrual syndrome in non-athlete females

Protocol summary

Summary

The purpose of this study was to compare the effects of interval training and vitamin D on the Pre-Menstrual Syndrome in non-athletic girls. Designing: This experimental study was conducted on 45 non-athlete female students. They were at the age of 18-23 years old and had been diagnosed with PMS. Participants were randomly divided into two experimental groups (vitamin D, education) and a control group through coin toss. Interventions were as following; Intervention group 1: interval training was performed during 6 weeks and there were 3 sessions of training in every week and each session lasted 45 minutes. Intervention group 2: Students in other group were advised to use the vitamin D (1000IU), 1 time a day for a 6 weeks. Control group: students in this group didn't use any exercise or drug. The main outcomes of this study - physical symptoms and mood and behavioral symptoms- were investigated using premenstrual symptoms screening tool (psst).

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2016080420465N5**

Registration date: **2017-04-21, 1396/02/01**

Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2017-04-21, 1396/02/01

Registrant information

Name

Fatemeh Omidali

Name of organization / entity

University of Ayatollah Boroujerdi

Country

Iran (Islamic Republic of)

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Email address

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Recruitment status

Recruitment complete

Funding source

University of Ayatollah Boroujerdi

Expected recruitment start date

2015-09-23, 1394/07/01

Expected recruitment end date

2016-04-19, 1395/01/31

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Comparison of the effects of interval training and vitamin D on symptoms of premenstrual syndrome in non-athlete females

Public title

The effects of interval training and vitamin D on symptoms of premenstrual syndrome

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria: PMS symptoms; not being under medical treatment; non-athletes. Exclusion criteria: being affected with any type of disease; lack of cooperation

Age

No age limit

Gender

Female

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: 120

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 University of Ayatollah Boroujerdi

Street address

3th kilometer of Khorramabad road

City

Bourujerd

Postal code

167

Approval date

2015-01-13, 1393/10/23

Ethics committee reference number

93-10پ

2**Ethics committee****Name of ethics committee**

Ethics committee of University of Ayatollah Boroujerdi

Street address

3th kilometer of Khorramabad road

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Bourujerd

Postal code

167

Approval date

2014-09-23, 1393/07/01

Ethics committee reference number

93-10پ

Health conditions studied**1****Description of health condition studied**

Premenstrual syndrome (PMS)

ICD-10 code

N94.3

ICD-10 code description

Premenstrual tension syndrome

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

physical symptoms

Timepoint

At the begining and at the end of the study

Method of measurement

Premenstrual Symptoms screening tool (PSST), Iranian version

2**Description**

mood and behavioral symptoms

Timepoint

At the begining and at the end of the study

Method of measurement

Premenstrual Symptoms screening tool (PSST), Iranian version

Secondary outcomes

empty

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

Intervention group 1: interval training, 45 minutes in each session, 3 times a week, for 6 weeks.

Category

Lifestyle

2**Description**

Intervention group 2: oral vitamin D, 1000 IU, 1 time a day, for 6 weeks.

Category

Treatment - Drugs

3**Description**

Control group: not done any exercise and do not use drugs

Category

N/A

Recruitment centers**1****Recruitment center**

Name of recruitment center
Ayatollah Bourujerdy University
Full name of responsible person
Fatemeh Omidali
Street address
City
Bourujerd

Sponsors / Funding sources

1

Sponsor

Name of organization / entity
Ayatollah Bourujerdy University
Full name of responsible person
Fatemeh Omidali
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3th kilometer of Khorramabad road
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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
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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