

Clinical Trial Protocol

Iranian Registry of Clinical Trials

08 Jul 2026

Comparing the effects of music and Pilates exercise on fatigue in nurses

Protocol summary

Study aim

The purpose of this study was to Comparing the effects of music and Pilates exercise on fatigue in nurses

Design

The participants were selected 76 nurse working in hospitals of Ziaei (located in Ardakan city) and Imam Jafar-Sadegh (located in Meybod city).

Settings and conduct

Participants were divided in two groups; 38 nurses in music and 38 nurses in Pilate's group.

Participants/Inclusion and exclusion criteria

A nurse has a bachelor's degree in nursing or higher
Have at least one year of work experience
Female
Fatigue rating 5 and 5 up
Inclination to participate in research and conscientious consent to enter the study

Intervention groups

Interventions were performed times a week for six weeks. The music group listened to music through headphones for 20 minutes a day and listened to it for three weeks a week for six weeks. The Pilates exercise group trained 60 minutes each time in the presence of an instructor and researcher for 6 weeks, 3 times per week.

Main outcome variables

Fatigue Severity Scale (FSS) Questionnaire is completed first and one week after the end of the intervention.

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20181002041211N1**

Registration date: **2018-10-17, 1397/07/25**

Registration timing: **retrospective**

Last update: **2018-10-17, 1397/07/25**

Update count: **0**

Registration date

2018-10-17, 1397/07/25

Registrant information

Name

Ameneh Jahanbani

Name of organization / entity

Country

Iran (Islamic Republic of)

Phone

+98 21 4365 1000

Email address

jahanbaniardekani.a@tak.iums.ac.ir

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2018-05-21, 1397/02/31

Expected recruitment end date

2018-07-02, 1397/04/11

Actual recruitment start date

2018-05-21, 1397/02/31

Actual recruitment end date

2018-07-02, 1397/04/11

Trial completion date

2018-07-09, 1397/04/18

Scientific title

Comparing the effects of music and Pilates exercise on fatigue in nurses

Public title

Comparing the effects of music and Pilates exercise on fatigue in nurses

Purpose

Prevention

Inclusion/Exclusion criteria

Inclusion criteria:

A nurse has a bachelor's degree in nursing or higher
Have at least one year of work experience
Female
Fatigue rating 5 and 5 up
Inclination to participate in research and conscientious consent to enter the study

Exclusion criteria:

Age

From **23 years** old to **40 years** old

Gender

Female

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **76**

Actual sample size reached: **76**

Randomization (investigator's opinion)

N/A

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 Iran University of Medical Sciences

Street address

Shahid Hemmat Highway

City

Tehran

Province

Tehran

Postal code

1449614535

Approval date

2018-02-24, 1396/12/05

Ethics committee reference number

IR.IUMS.REC 1396.9311686011

Health conditions studied

1

Description of health condition studied

Fatigue

ICD-10 code

F48.0

ICD-10 code description

Fatigue Psychogenic (general)

Primary outcomes

1

Description

Fatigue

Timepoint

Before the intervention and one week after the end of the intervention

Method of measurement

Fatigue Severity Scale

Secondary outcomes

empty

Intervention groups

1

Description

Intervention group: Music group

Category

Prevention

2

Description

Intervention group: Pilates exercise

Category

Prevention

Recruitment centers

1

Recruitment center

Name of recruitment center

Ziaei Ardakan Hospital

Full name of responsible person

Ameneh Jahanbani Ardakani

Street address

Yazd, Ardakan, Ziaei Ardakan Hospital

City

Ardakan

Province

Yazd

Postal code

8951633686

Phone

+98 35 3152 2010

Email

Jahanbaniardekani.a@tak.iums.ac.ir

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Iran University of Medical Sciences

Full name of responsible person

Seyyed Kazem Malakouti

Street address

Shahid Hemmat Highway, Tehran

City

Tehran

Province

Tehran

Postal code

1449614535

Phone

+98 21 86709

Email

admins@iums.ac.ir

Grant name

Grant code / Reference number

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

Yes

Title of funding source

Iran University of Medical Sciences

Proportion provided by this source

100

Public or private sector

Public

Domestic or foreign origin

Domestic

Category of foreign source of funding

empty

Country of origin

Type of organization providing the funding

Academic

Person responsible for general inquiries

Contact

Name of organization / entity

Iran University of Medical Sciences

Full name of responsible person

Ameneh Jahanbani Ardakani

Position

MS.c student of nurse

Latest degree

Bachelor

Other areas of specialty/work

Nursery

Street address

School of Nursing & Midwifery, Rashid Yasemi st.,
Valiasr St., Tehran

City

Tehran

Province

Tehran

Postal code

1996713883

Phone

+98 21 4365 1000

Email

Jahanbaniardakani.a@tak.iums.ac.ir

Person responsible for scientific inquiries

Contact

Name of organization / entity

Iran University of Medical Sciences

Full name of responsible person

Daryadokht Masrur Rudsari

Position

faculty of Nursing and Midwifery, IRAN University of
Medical Sciences

Latest degree

Master

Other areas of specialty/work

Nursery

Street address

School of Nursing & Midwifery, Rashid Yasemi st.,
Valiasr St., Tehran

City

Tehran

Province

Tehran

Postal code

1996713883

Phone

+98 21 4365 1000

Email

masrur.d@iums.ac.ir

Person responsible for updating data

Contact

Name of organization / entity

Iran University of Medical Sciences

Full name of responsible person

Ameneh Jahanbani Ardakani

Position

MS.C student of nursing

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Email

Jahanbaniardakani.a@tak.iums.ac.ir

Sharing plan

Deidentified Individual Participant Data Set (IPD)

Undecided - It is not yet known if there will be a plan to
make this available

Study Protocol

Undecided - It is not yet known if there will be a plan to
make this available

Statistical Analysis Plan

Undecided - It is not yet known if there will be a plan to
make this available

Informed Consent Form

Undecided - It is not yet known if there will be a plan to make this available

Clinical Study Report

Undecided - It is not yet known if there will be a plan to make this available

Analytic Code

Undecided - It is not yet known if there will be a plan to make this available

Data Dictionary

Undecided - It is not yet known if there will be a plan to make this available