

Clinical Trial Protocol

Iranian Registry of Clinical Trials

18 Sep 2026

Effect of 8 weeks of aqua yoga versus no training on pain severity and duration of menstruation in girl students with primary dysmenorrhea: a randomized clinical trial

Protocol summary

Study aim

To assess the effect of 8 weeks of aqua yoga versus no training on pain severity and duration of menstruation in girl students with primary dysmenorrhea

Design

This is a randomized clinical trial, in which 40 eligible patients will be randomly assigned to the intervention and control groups

Settings and conduct

This is a randomized clinical trial, in which 40 girl students with primary dysmenorrhea will be randomly assigned to the intervention and control groups

Participants/Inclusion and exclusion criteria

Inclusion criteria: Age of 18 to 26 years; Primary dysmenorrhea; Single Exclusion criteria: A history of secondary dysmenorrhea; Having regular physical activity 2 sessions a week or more; Physical and motor problem

Intervention groups

Intervention group: Routine treatment of dysmenorrhea plus aqua yoga, for one hour, twice a week, for 8 weeks
Control group: Routine treatment of dysmenorrhea

Main outcome variables

Primary outcome: Assessing the pain severity of menstruation, Assessing the pain duration of menstruation

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20120215009014N245**

Registration date: **2018-10-21, 1397/07/29**

Registration timing: **registered_while_recruiting**

Last update: **2018-10-21, 1397/07/29**

Update count: **0**

Registration date

2018-10-21, 1397/07/29

Registrant information

Name

Jalal Poorolajal

Name of organization / entity

Department of Epidemiology & Biostatistics Hamadan
University of Medical Sciences

Country

Iran (Islamic Republic of)

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+98 81 1838 0090

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Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2018-09-23, 1397/07/01

Expected recruitment end date

2018-10-23, 1397/08/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Effect of 8 weeks of aqua yoga versus no training on pain severity and duration of menstruation in girl students with primary dysmenorrhea: a randomized clinical trial

Public title

Effect of 8 weeks of aqua yoga versus no training on pain severity and duration of menstruation in girl students

with primary dysmenorrhea

Purpose
Treatment

Inclusion/Exclusion criteria
Inclusion criteria:
Age of 18 to 26 years; Primary dysmenorrhea; Single
Exclusion criteria:
A history of secondary dysmenorrhea; Having regular physical activity 2 sessions a week or more; Physical and motor problem

Age
From **18 years** old to **26 years** old

Gender
Female

Phase
N/A

Groups that have been masked
No information

Sample size
Target sample size: **40**

Randomization (investigator's opinion)
Randomized

Randomization description
Random assignment of the patients to the intervention and control groups through the drawing of lots

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 Hamadan University of Medical Sciences
Street address
Vice-chancellor for Research and Technology,
Hamadan University of Medical Sciences, Shahid Fahmideh Ave
City
Hamadan
Province
Hamadan
Postal code
6517838695
Approval date
2018-09-22, 1397/06/31
Ethics committee reference number
IR.UMSHA.REC.1397.451

Health conditions studied

1

Description of health condition studied
Primary dysmenorrhea
ICD-10 code
N94.4
ICD-10 code description
Primary dysmenorrhea

Primary outcomes

1

Description
Assessing the pain severity of menstruation
Timepoint
8 weeks after intervention
Method of measurement
By using standard questionnaire

2

Description
Assessing the pain duration of menstruation
Timepoint
8 weeks after intervention
Method of measurement
By using standard questionnaire

Secondary outcomes

empty

Intervention groups

1

Description
Intervention group: Routine treatment of dysmenorrhea plus aqua yoga, for one hour, twice a week, for 8 weeks
Category
Treatment - Other

2

Description
Control group: Routine treatment of dysmenorrhea
Category
N/A

Recruitment centers

1

Recruitment center
Name of recruitment center
Bu-Ali Sina University of Hamadan
Full name of responsible person
Nesa Hashemi
Street address

Shahid Fahmideh Ave. Bu-Ali Sina University

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6517838695

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+98 81 3838 0572

Email

nessi.hashemi@gmail.com

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Hamedan University of Medical Sciences

Full name of responsible person

Hamadan University of Medical Sciences, Shahid Fahmideh Ave

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info.research@umsha.ac.ir

Grant name

Grant code / Reference number

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

Yes

Title of funding source

Hamedan 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

Hamedan University of Medical Sciences

Full name of responsible person

Nesa Hashemi

Position

Student of Physical Education

Latest degree

Master

Other areas of specialty/work

Physical Medicine

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Person responsible for scientific inquiries

Contact

Name of organization / entity

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Full name of responsible person

Dr Farid Babakhani

Position

Specialist in Physical Education

Latest degree

Ph.D.

Other areas of specialty/work

Physical Medicine

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Person responsible for updating data

Contact

Name of organization / entity

Hamedan University of Medical Sciences

Full name of responsible person

Dr Jalal Poorolajal

Position

Professor of Epidemiology

Latest degree

Ph.D.

Other areas of specialty/work

Epidemiology

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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