

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

09 Jun 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)

###### Phone

+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

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Shahid Fahmideh Ave. Bu-Ali Sina University  
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## Sponsors / Funding sources

### 1

#### Sponsor

**Name of organization / entity**  
Hamedan University of Medical Sciences  
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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  
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Nesa Hashemi  
**Position**

Student of Physical Education  
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## Person responsible for scientific inquiries

#### Contact

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## Person responsible for updating data

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**Email**

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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