

Clinical Trial Protocol

Iranian Registry of Clinical Trials

18 Jun 2026

The comparison of the effect of stretching exercises and a combination of massage - stretching exercises on primary dysmenorrheal of female students of RAZI University of Kermanshah

Protocol summary

Study aim

The comparison of the effect of stretching exercises and a combination of massage - stretching exercises on primary dysmenorrheal of female students of RAZI University of Kermanshah

Design

This study is a non-blinded clinical trial. The study population will be included all female students with painful menstruation of Razi university of Kermanshah. 90 eligible students will be selected conveniently and randomly will be assigned to three groups (two intervention groups, one control group).

Settings and conduct

This study which will be conducted in Razi university of Kermanshah city is non-blinded. At the beginning and the end of the study, the pain questionnaire will be provided for eligible students and all three groups will be compared at the end of the study.

Participants/Inclusion and exclusion criteria

Inclusion criteria: Having regular and painful menstruation; Lack of severe stress such as the death of a family member
Exclusion criteria: Surgery in the last three months; Marriage record

Intervention groups

The first intervention group (stretching exercises), will receive abdominal, pelvic and groin stretching exercises, 4 days a week, 15 minutes each time for 8 weeks. The second intervention group (massage and stretching exercises) will receive massage and exercise, 4 days a week, 15 minutes each day for 8 weeks. The control group will not receive any intervention

Main outcome variables

dysmenorrhea

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20130812014333N111**

Registration date: **2019-01-06, 1397/10/16**

Registration timing: **registered_while_recruiting**

Last update: **2019-01-06, 1397/10/16**

Update count: **0**

Registration date

2019-01-06, 1397/10/16

Registrant information

Name

Feizollah Foroughi

Name of organization / entity

kermanshah University of Medical Sciences

Country

Iran (Islamic Republic of)

Phone

+98 83 1821 4653

Email address

fforoughi@kums.ac.ir

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2018-12-06, 1397/09/15

Expected recruitment end date

2019-02-04, 1397/11/15

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The comparison of the effect of stretching exercises and a combination of massage - stretching exercises on primary dysmenorrhea of female students of RAZI University of Kermanshah

Public title

Comparison of the effect of stretching exercises and a combination of massage - stretching exercises on primary dysmenorrhea

Purpose

Treatment

Inclusion/Exclusion criteria**Inclusion criteria:**

Having regular and painful menstruation Lack of severe stress such as the death of a family member

Exclusion criteria:

Known physical or mental illness or treated Surgery in the last three months Non-use of pain relief medication during study Marriage record

Age

No age limit

Gender

Female

Phase

1-2

Groups that have been masked

No information

Sample size

Target sample size: 90

Randomization (investigator's opinion)

Randomized

Randomization description

Randomly Individually by random number table via code receipt. 90 similar cards will be provided which 45 of them are coded 1 which is indicative of the intervention group, and 45 of them are coded 2 which is indicative of the control group. Anyone who is eligible for inclusion in the study will selected one of these cards randomly (participants will not be aware of the type of intervention that they are assigned to).

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 Kermanshah University of Medical Sciences

Street address

Vice Chancellor for Research Affairs, Kermanshah University of Medical Sciences, Building No.2, Shahid Beheshti

City

Kermanshah

Province

Kermanshah

Postal code

6715847141

Approval date

2018-05-22, 1397/03/01

Ethics committee reference number

ir.kums.rec.1397.086

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

Primary dismenorrhea

ICD-10 code

N94.4

ICD-10 code description

Primary dysmenorrhoea

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

dismenorrhea

Timepoint

Before and after the intervention

Method of measurement

Base on McGill Pain Questionnaire(MPQ)

Secondary outcomes

empty

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

The first intervention group (stretching exercises), will receive abdominal, pelvic and groin stretching exercises , 4 days a week ,15 minutes each time for 8 weeks .

Category

Treatment - Other

2**Description**

The second intervention group (massage and stretching exercises) will receive massage and exercise, 4 days a week ,15 minutes each day for 8 weeks

Category

Treatment - Other

3

Description

The control group will not receive any intervention

Category

Other

Recruitment centers

1

Recruitment center

Name of recruitment center

Razi University

Full name of responsible person

Leila Farhadi

Street address

Parastar Blvd, Razi University

City

Kermanshah

Province

Kermanshah

Postal code

۶۷۱۴۴۱۴۹۷۱

Phone

+98 83 3427 7605

Email

khalily1267@yahoo.com

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Kermanshah University of Medical Sciences

Full name of responsible person

Dr. Farid Najafi

Street address

بلوار شهید بهشتی، ساختمان شماره 2، دانشگاه علوم پزشکی،
معاونت تحقیقات و فناوری

City

Kermanshah

Province

Kermanshah

Postal code

6715847141

Phone

+98 83 3836 0014

Email

fnajafi@kums.ac.ir

Grant name

Grant code / Reference number

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

Yes

Title of funding source

Kermanshah 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

Kermanshah University of Medical Sciences

Full name of responsible person

Leila Farhadi

Position

Ph.D Student in Sport Pathology

Latest degree

Master

Other areas of specialty/work

sport pathology

Street address

Isar Square, Dolatabad Blvd, Faculty of Nursing and
Midwifery

City

Kermanshah

Province

Kermanshah

Postal code

6715847141

Phone

+0988338279899

Email

khalily1267@yahoo.com

Person responsible for scientific inquiries

Contact

Name of organization / entity

Kermanshah University of Medical Sciences

Full name of responsible person

Mozhgan Khalili

Position

Faculty Member of Kermanshah University of Medical
Sciences

Latest degree

Master

Other areas of specialty/work

Midwifery

Street address

Isar Square, Dolatabad Blvd, Faculty of Nursing and
Midwifery

City

Kermanshah

Province

Kermanshah

Postal code

6715847141

Phone

+98 83 3826 1046

Email

khalily1267@yahoo.com

Person responsible for updating data

Contact

Name of organization / entity

Kermanshah University of Medical Sciences

Full name of responsible person

Leila Farhadi

Position

Ph.D Student in Sport Pathology

Latest degree

Master

Other areas of specialty/work

sport pathology

Street address

Isar Square, Dolatabad Blvd, Faculty of Nursing and Midwifery

City

Kermanshah

Province

Kermanshah

Postal code

6715847141

Phone

+98 83 3826 6429

Email

khalily1267@yahoo.com

Sharing plan

Deidentified Individual Participant Data Set (IPD)

Yes - There is a plan to make this available

Study Protocol

Yes - There is 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

Yes - There is a plan to make this available

Clinical Study Report

Yes - There is a plan to make this available

Analytic Code

Not applicable

Data Dictionary

Not applicable

Title and more details about the data/document

The main outcomes of the study will be shared.

When the data will become available and for how long

4 months

To whom data/document is available

If requested, results will be made available to other academic researchers

Under which criteria data/document could be used

With the aim of using the results of studies to upgrade future studies

From where data/document is obtainable

To receive the documentation, email send for update manager

What processes are involved for a request to access data/document

In a 45-day period, the documents will be sent e-mail

Comments