

Clinical Trial Protocol

Iranian Registry of Clinical Trials

14 Jul 2026

The effect of Pilates exercise on anxiety and self-esteem in medical emergencies students

Protocol summary

Study aim

Effect of Pilates Exercise on the Anxiety and Self-Esteem of Emergency Medical Students

Design

Clinical trials, with parallel groups, block randomization
Sample size: 62 people

Settings and conduct

This is an experimental research. Sixty-six people were selected by available method from students of medical emergencies of Neyshabur Medical School who had entry criteria. The samples were randomly divided into two groups of test and control. A questionnaire survey tool Individual information was Cooper Smith's self-esteem questionnaire and Spilberger's apparent and hidden anxiety. The test group performed eight Pilates weekly exercises twice a week and every 60 minutes with the instructor. The control group during this period Self-esteem and anxiety by using a questionnaire, at the beginning of the intervention and eight weeks later. The intervention is completed in a self-reporting manner.

Participants/Inclusion and exclusion criteria

Entry requirements: the age is between 19-30 years old, Student studying medical emergencies, Exit terms: having a previous history of physical and mental illness, tension problems in the last 6 weeks, Exercise regularly in the last month, use of drugs and sedative medicines

Intervention groups

Pilates exercises in Pilates exercises in two 60-minute sessions for a period of eight weeks. Pilates preparation techniques include pilates standing, Pilates breathing, and the flooring of both hands to the ground. The control group during this period was assigned to Continue their daily routine. The level of self-esteem and anxiety by using a questionnaire is completed at the beginning and eight weeks after the intervention. In the control group, the pre-intervention questionnaire and after the daily activities at the end of the study, are completed with the time of the intervention group.

Main outcome variables

effect on self esteem and anxiety

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20181118041692N1**

Registration date: **2019-02-11, 1397/11/22**

Registration timing: **retrospective**

Last update: **2019-02-11, 1397/11/22**

Update count: **0**

Registration date

2019-02-11, 1397/11/22

Registrant information

Name

Zohreh Sarchahi

Name of organization / entity

Country

Iran (Islamic Republic of)

Phone

+98 51 4261 3294

Email address

zohrehsarchahi@gmail.com

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2018-12-11, 1397/09/20

Expected recruitment end date

2019-01-10, 1397/10/20

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effect of Pilates exercise on anxiety and self-esteem in medical emergencies students

Public title

The effect of Pilates exercise on anxiety and self-esteem

Purpose

Prevention

Inclusion/Exclusion criteria

Inclusion criteria:

the age is between 19-30 years old Student studying medical emergencies

Exclusion criteria:

having previous history of physical and mental illness tension problems in the last 6 weeks Exercise regularly in the last month use of drugs and sedative medicines

Age

From **19 years** old to **30 years** old

Gender

Male

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **62**

Actual sample size reached: **62**

Randomization (investigator's opinion)

Randomized

Randomization description

In order to randomly assign individuals to the two groups and guarantee the balance of the number of individuals in the groups, a random block method will be used. In this study, four-dimensional blocks will be created in which randomly half of the individuals in each block will be in one group and half in the other group. To do this, first all of the possible modes that half of the subjects are assigned to group A (test group) and the other half to the group B (control group) are determined: 1-AABB 2-BBAA 3-ABAB 4-BABA 5-ABBA 6-BAAB Then each of the four combinations will be one of the digits 1 to 6, and from numbers 1 through 6 randomly, repeated choices are made with the placement. Selected blocks are tagged in a sequential sequence, and according to the sequence, the individuals entered into the study will be assigned to one of the two groups A or B. Random selection of blocks will continue to reach the sample size of the study.

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

Neyshabour University of Medical Sciences

Street address

Neyshabour University of Medical Sciences, Janbazan Blvd

City

Neyshabour

Province

Razavi Khorasan

Postal code

9319913589

Approval date

2017-11-16, 1396/08/25

Ethics committee reference number

IR.NUMS.REC.1396.35

Health conditions studied

1

Description of health condition studied

Anxiety

ICD-10 code

F41

ICD-10 code description

Other anxiety disorders

2

Description of health condition studied

Self-esteem

ICD-10 code

F88

ICD-10 code description

Other disorders of psychological development

Primary outcomes

1

Description

Anxiety

Timepoint

Beginning of the intervention and eight weeks after the intervention

Method of measurement

Spilberger's apparent and hidden anxiety questionnaire

2

Description

Self-esteem

Timepoint

Beginning of the intervention and eight weeks after the intervention

Method of measurement

Cooper Smith questionnaire

Secondary outcomes

empty

Intervention groups

1

Description

Pilates exercises are conducted in the course of 8 weeks twice a week for 60 minutes with the coach. The amount of anxiety and self-esteem in the beginning of the intervention and eight weeks after the intervention was assessed using the Spielberger Anxiety Inventory and the Cooper Smith Questionnaire.

Category

Prevention

2

Description

Control group: Continue their daily activities. The amount of anxiety and self-esteem was completed by using the Spielberger Anxiety Questionnaire and the Cooper Smith Questionnaire before and after the intervention at the end of the study, in coincidence with the intervention group time.

Category

N/A

Recruitment centers

1

Recruitment center

Name of recruitment center

Neyshabour University of Medical Sciences

Full name of responsible person

Zohreh Sarchahi

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Neyshabour University of Medical Sciences, Janbazan Blvd

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Web page address

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Neyshabour University of Medical Sciences

Full name of responsible person

Ali Akbar Mohammadi

Street address

Neyshabour University of Medical Sciences, Janbazan Blvd

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zohreh.sarchahi@gmail.com

Web page address

<https://www.nums.ac.ir/>

Grant name

Grant code / Reference number

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

Yes

Title of funding source

Neyshabour 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

Neyshabour University of Medical Sciences

Full name of responsible person

zZohreh Ssarchahi

Position

Faculty member of nursing & midwifery

Latest degree

Master

Other areas of specialty/work

Nursery

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Person responsible for scientific inquiries

Contact

Name of organization / entity

Neyshabour University of Medical Sciences

Full name of responsible person

Zohreh Sarchahi

Position

Faculty member of nursing & midwifery

Latest degree

Master

Other areas of specialty/work

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Sharing plan

Deidentified Individual Participant Data Set (IPD)

No - There is not a plan to make this available

Justification/reason for indecision/not sharing IPD

No more information

Study Protocol

No - There is not a plan to make this available

Statistical Analysis Plan

No - There is not a plan to make this available

Informed Consent Form

No - There is not a plan to make this available

Clinical Study Report

No - There is not a plan to make this available

Analytic Code

No - There is not a plan to make this available

Data Dictionary

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

Person responsible for updating data

Contact

Name of organization / entity

Neyshabour University of Medical Sciences

Full name of responsible person

Zohreh Sarchahi

Position