

Clinical Trial Protocol

Iranian Registry of Clinical Trials

21 Jun 2026

Comparison of the effect of tensile connective tissue massage and sports with the control group on primary dysmenorrhea

Protocol summary

Study aim

The purpose of a stretching exercises and massage effects of connective tissues in patients with primary dysmenorrhea will perform

Design

Clinical trial has a control group

Settings and conduct

Coordination with the accommodation of Shiraz University of medical sciences will do the study. Exercise and stretching to both oral and written by a researcher to volunteers will be trained and each time are controlled by the researcher.

Participants/Inclusion and exclusion criteria

1-The desire to participate in the study 2- single 3-Being a student 4-Age between 18to 25 5-The lack of regular sport activity 6-The intensity of menstrual pain more than 5 VAS criteria 7-Lack of limits exercise and massage 8-Failure to use the OCP and pharmaceutical treatments and complementary therapies to treat dysmenorrhea during the study

Intervention groups

In the first group to people for 8 weeks stretching exercises 3 times a week and each time for 10 minutes. In the second group, people in the study for 8 weeks and each week the connective tissue massage 2 times a given program. This massage is not performed during the menstrual period. In the third group stretching exercises or any connective tissue massage. This group serves as the control group are considered.

Main outcome variables

By comparison, the average score for severity of pain; pain in two groups for the duration of the test and control group

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20181212041948N1**

Registration date: **2019-01-10, 1397/10/20**

Registration timing: **registered_while_recruiting**

Last update: **2019-01-10, 1397/10/20**

Update count: **0**

Registration date

2019-01-10, 1397/10/20

Registrant information

Name

somaieh rahimy

Name of organization / entity

Country

Iran (Islamic Republic of)

Phone

+98 71 3647 4251

Email address

s_rahimy@ymail.com

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2019-01-05, 1397/10/15

Expected recruitment end date

2019-06-05, 1398/03/15

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Comparison of the effect of tensile connective tissue massage and sports with the control group on primary dysmenorrhea

Public title

Comparison of the effect of stretching exercises and massaging of connective tissue with the control group on dysmenorrhea

97-01-08-16839

Purpose

Supportive

Inclusion/Exclusion criteria

Inclusion criteria:

The desire to participate in the study single Being a student Lack of systemic disease or disease in reproductive organs Age between 18 to 25 Regular inactivity The intensity of menstrual pain more than 5 VAS criteria Lack of limits exercise and massage Non-use of OCPs and drug therapies and complementary therapies for the treatment of dysmenorrhea during the study

Exclusion criteria:

Age

From **18 years** old to **25 years** old

Gender

Female

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **165**

Randomization (investigator's opinion)

Randomized

Randomization description

Randomizatin block

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

Shiraz University of medical sciences Ethics Committee

Street address

Namazi square

City

Shiraz

Province

Fars

Postal code

7439179333

Approval date

2018-11-27, 1397/09/06

Ethics committee reference number

Health conditions studied

1

Description of health condition studied

primery Dysmenorrhea

ICD-10 code

N94.4

ICD-10 code description

Primary dysmenorrhea

Primary outcomes

1

Description

The severity of the pain can be measured.

Timepoint

Eight weeks

Method of measurement

Visual Analogue Scale

Secondary outcomes

1

Description

Anxiety

Timepoint

The first month of the third month

Method of measurement

Questionnaire spielberger

Intervention groups

1

Description

Intervention group: The first group: stretching For 8 weeks stretching exercises 3 times a week and each time for 10 minutes, During the period of menstruation is not done.

Category

Treatment - Other

2

Description

Intervention group: Connective tissue massage, Connective tissue massage every week for 8 weeks and 2 times the given program, During the period of menstruation is not done.

Category

Treatment - Other

3

Description

Control group: there is no intervention

Category

N/A

Type of organization providing the funding

Academic

Recruitment centers1**Recruitment center****Name of recruitment center**

Shiraz University of Medical Sciences for girls ' hostel

Full name of responsible person

somaieh rahimy

Street address

Namazi square, Faculty of nursing and midwifery

City

Shiraz

Province

Fars

Postal code

7439179333

Phone

+98 71 3647 4251

Email

s_rahimy@ymail.com

Sponsors / Funding sources1**Sponsor****Name of organization / entity**

Shiraz University of Medical Sciences

Full name of responsible person

somaieh rahimy

Street address

Namazi square, Faculty of nursing and midwifery

City

Shiraz

Province

Fars

Postal code

7439179333

Phone

+98 71 3647 4257

Email

s_rahimy@ymail.com

Grant name**Grant code / Reference number****Is the source of funding the same sponsor organization/entity?**

Yes

Title of funding source

Shiraz 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**Person responsible for general inquiries****Contact****Name of organization / entity**

Shiraz University of Medical Sciences

Full name of responsible person

somaieh rahimy

Position

student

Latest degree

Bachelor

Other areas of specialty/work

Midwifery

Street address

Namazi square, Faculty of nursing and midwifery

City

Shiraz

Province

Fars

Postal code

7439179333

Phone

+98 71 3467 4251

Email

s_rahimy@ymail.com

Person responsible for scientific inquiries**Contact****Name of organization / entity**

Shiraz University of Medical Sciences

Full name of responsible person

somaieh rahimy

Position

student

Latest degree

Bachelor

Other areas of specialty/work

Midwifery

Street address

Namazi square, Faculty of nursing and midwifery

City

Shiraz

Province

Fars

Postal code

7439179333

Phone

+98 71 3647 4251

Email

s_rahimy@ymail.com

Person responsible for updating data**Contact****Name of organization / entity**

Shiraz University of Medical Sciences

Full name of responsible person

somaieh rahimy

Position

student

Latest degree

Bachelor

Other areas of specialty/work

Midwifery

Street address

Namazi square, Faculty of nursing and midwifery

City

SHIRAZ

Province

Fars

Postal code

7439179333

Phone

+98 716474251

Email

s_rahimy@gmail.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

Yes - There is 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

Yes - There is a plan to make this available

Data Dictionary

Yes - There is a plan to make this available

Title and more details about the data/document

empty

When the data will become available and for how long

empty

To whom data/document is available

empty

Under which criteria data/document could be used

empty

From where data/document is obtainable

empty

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

empty

Comments