

Clinical Trial Protocol

Iranian Registry of Clinical Trials

09 Jun 2026

Pilates effect on pregnancy outcomes of pregnant women

Protocol summary

Study aim

Pilates effect on pregnancy outcomes of pregnant women

Design

Pilates exercise was performed from 18 to 30 weeks of gestation and the pregnancy outcomes were compared with the control group.

Settings and conduct

Health centers in Shahrekord Two intervention groups and one control group For the intervention group 1, exercise starts from the 8th week and the intervention group 2 starts the exercise from the 18th week of pregnancy. Individuals of both groups exercise Pilates exercise in an exercise room under the supervision of a trainer during pregnancy 2 sessions per week for 12 weeks and each session for 30 minutes with moderate severity. The control group will receive routine care during pregnancy. A researcher-made questionnaire will be used to measure pregnancy outcomes

Participants/Inclusion and exclusion criteria

Inclusion criteria: Healthy pregnant woman, Not taking any medications (such as hormonal medications) during pregnancy, Not having any illness, Absolute and relative ban on exercise during pregnancy, Non-use of antidepressants, Having reading and writing skills. Exclusion criteria: Prohibition of relative or absolute exercise during pregnancy, Not attending Pilates sports exercises for more than one session, Canceling the continuation of the study.

Intervention groups

Two intervention groups (Pilates in pregnancy) and control group

Main outcome variables

Maternal outcomes: Gestational age at the time of delivery, Placental abruption, Coriomaniacitis, Postpartum hemorrhage, Postpartum fever, Gestational diabetes, Preeclampsia, Pregnancy blood pressure, Oligo or Polyhydramnios, Inability to breastfeed after childbirth, And the type of delivery, And low back pain during pregnancy. Neonatal Outcome: Baby weight,

Baby's height, Baby head circumference, Apgar one and five minutes after birth, Fetal presentation at birth. The most important outcome is the severity of back pain.

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20170124032161N2**

Registration date: **2019-05-02, 1398/02/12**

Registration timing: **registered_while_recruiting**

Last update: **2019-05-02, 1398/02/12**

Update count: **0**

Registration date

2019-05-02, 1398/02/12

Registrant information

Name

Bahare Motaghi Dastenaiei

Name of organization / entity

Shahrekord University of Medical Sciences

Country

Iran (Islamic Republic of)

Phone

+98 38 3333 3217

Email address

b.motaghi@skums.ac.ir

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2019-04-09, 1398/01/20

Expected recruitment end date

2019-12-21, 1398/09/30

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Pilates effect on pregnancy outcomes of pregnant women

Public title

Pilates effect on pregnancy outcomes

Purpose

Prevention

Inclusion/Exclusion criteria**Inclusion criteria:**

Healthy pregnant woman Not taking any medications (such as hormonal medications) during pregnancy Not having any illness Lack of relative and absolute ban on exercise during pregnancy Non-use of antidepressants Having reading and writing skills

Exclusion criteria:

Prohibition of relative or absolute exercise during pregnancy Not attending Pilates sports exercises for more than one session Canceling the continuation of the study

Age

From **16 years** old to **40 years** old

Gender

Female

Phase

1

Groups that have been masked

No information

Sample size

Target sample size: **60**

Randomization (investigator's opinion)

Randomized

Randomization description

Random assignment to intervention and control groups Based on random numbers table

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 Shahrekord University of Medical Sciences

Street address

Shahrekord University of Medical Sciences. Kashani Bld. Shahrekord

City

Shahrekord

Province

Chahar-Mahal-va-Bakhtiari

Postal code

8838136115767

Approval date

2016-11-20, 1395/08/30

Ethics committee reference number

IR.SKUMS.REC.1395.332

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

pregnancy

ICD-10 code

O75

ICD-10 code description

Other complications of obstetric surgery and procedures

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

outcome maternal

Timepoint

at the beginning of the study, during and one month after intervention

Method of measurement

researchers Made questionnaire,interview, examination

2**Description**

outcome neonatal

Timepoint

after intervention

Method of measurement

researchers Made questionnaire, examination

Secondary outcomes**1****Description**

general health

Timepoint

at the beginning of the study, after intervention

Method of measurement

general health Questionnaire

2**Description**

Postpartum depression Questionnaire

Timepoint

after child birth

Method of measurement

Beck Depression Questionnaire

3

Description

Severity of back pain

Timepoint

at the beginning of the study, after intervention

Method of measurement

Self-report measure

Intervention groups

1

Description

Intervention group 1: Perform Pilates exercises from week 8 of pregnancy twice a week for 30 minutes for 12 weeks

Category

Prevention

2

Description

Intervention group 2: Perform Pilates exercises from week 18 of pregnancy twice a week for 30 minutes for 12 weeks

Category

Prevention

3

Description

Control group: Pregnant women entered the study by doing routine pregnancy care and activities

Category

Prevention

Recruitment centers

1

Recruitment center**Name of recruitment center**

مراکز بهداشتی شهر شهرکرد

Full name of responsible person

بهاره متقی دستنائی

Street address

shahrekord

City

shahrekord

Province

Chahar-Mahal-va-Bakhtiari

Postal code

8814836414

Phone

+98 38 3334 5648

Email

b.motaghi@skums.ac.ir

Sponsors / Funding sources

1

Sponsor**Name of organization / entity**

Shahre-kord University of Medical Sciences

Full name of responsible person

دکتر سید کمال صولتی

Street address

Shahrekord University of Medical Sciences. Kashani Bld. Shahrekord

City

shahrekord

Province

Chahar-Mahal-va-Bakhtiari

Postal code

8814836414

Phone

+98 38 3333 0061

Email

b.motaghi@skums.ac.ir

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

Yes

Title of funding source

Shahre-kord 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**

Shahre-kord University of Medical Sciences

Full name of responsible person

Bahare Motaghi Dastenaei

Position

member of faculty Shahrekord University of Medical Sciences

Latest degree

Master

Other areas of specialty/work

Midwifery

Street address

Rahmatiee, Shahrekord University of Medical Sciences, Shahrekord

City

shahrekord

Province

Chahar-Mahal-va-Bakhtiari

Postal code

8838136115767

Phone

+98 38 3334 5648

Email

b.motaghi@skums.ac.ir

Web page address

Person responsible for scientific inquiries

Contact

Name of organization / entity

Shahre-kord University of Medical Sciences

Full name of responsible person

Dastenaei Motaghi Bahare

Position

Lecturer, faculty member

Latest degree

Master

Other areas of specialty/work

Midwifery

Street address

Staff of Medical Sciences, Kashani street, Shahrekord

City

shahrekord

Province

Chahar-Mahal-va-Bakhtiari

Postal code

8838136115767

Phone

+98 38 3334 5648

Email

b.motaghi@skums.ac.ir

Person responsible for updating data

Contact

Name of organization / entity

Shahre-kord University of Medical Sciences

Full name of responsible person

Bahare Motaghi Dastenaei

Position

Lecturer, faculty member

Latest degree

Master

Other areas of specialty/work

Midwifery

Street address

Rahmatiee, Shahrekord University of Medical Sciences, Shahrekord

City

shahrekord

Province

Chahar-Mahal-va-Bakhtiari

Postal code

8838136115767

Phone

+98 38033345648

Email

b.motaghi@skums.ac.ir

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

25/5000 Personalized study data

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

No - There is not 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

No - There is not a plan to make this available

Data Dictionary

No - There is not a plan to make this available