

Clinical Trial Protocol

Iranian Registry of Clinical Trials

29 May 2026

effect of pilates exercises on reducing stress, anxiety, depression and back pain of nurses working in khorshid hospital in isfahan

Protocol summary

Registration timing: **retrospective**

Study aim

The Effect of Pilates Sports Exercise on Reducing the Level of Stress, Anxiety, Depression and Lower Back Pain in Nurses working in Khorshid Hospital in Isfahan

Last update: **2019-05-21, 1398/02/31**

Update count: **0**

Registration date

2019-05-21, 1398/02/31

Design

Clinical trials with an intervention and control group, one sucrose, randomized 70 people divided into two groups of 35 intervention and 35 controls

Registrant information

Name

zahra Alipoor

Name of organization / entity

Country

Iran (Islamic Republic of)

Phone

+98 31 3777 0970

Email address

zahra_aalipoor@yahoo.com

Settings and conduct

The Pilates Specialized Practitioner's Intervention Unit was conducted in the Occupational Therapy Hall of the Khorshid Hospital for 8 weeks, three times a week and at one-hour sessions. Pilates' selected exercises were conducted using classical and mattress techniques

Recruitment status

Recruitment complete

Funding source

Participants/Inclusion and exclusion criteria

Entry: Female nurses 20-50 years old - Having stress, anxiety and depression - Having back pain - Having a hospital stay for at least 3 months Exit: Unwillingness to co-operate after the start of the process of illness that causes a limitation in physical activity - Use of motor vehicles

Expected recruitment start date

2017-09-23, 1396/07/01

Expected recruitment end date

2017-10-23, 1396/08/01

Actual recruitment start date

2017-10-23, 1396/08/01

Actual recruitment end date

2017-12-21, 1396/09/30

Trial completion date

2017-12-21, 1396/09/30

Intervention groups

In the intervention group, Pilates specialized exercises in the occupational therapy hall of the Khorshid Hospital were performed for 8 weeks, three times a week, and one-hour sessions. The Pilates exercises were based on the classical method and on the mattress.the control group did not intervene

Main outcome variables

Main variables: stress, anxiety, depression, low back pain, Pilates

Scientific title

effect of pilates exercises on reducing stress, anxiety, depression and back pain of nurses working in khorshid hospital in isfahan

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20190303042904N1**

Registration date: **2019-05-21, 1398/02/31**

Public title

the effect of pilates on stress, anxiety, depression and low back pain of nurses

Purpose

Supportive

Inclusion/Exclusion criteria

Inclusion criteria:

Female nurses aged 30-50 years. Participation in the Pilates Exercise Program for 8 weeks Having stress, anxiety and depression according to the questionnaire Having back pain Not having a hospital stay for at least 3 months. Non-use of psychiatric drugs. Not having any exercise program in everyday life

Exclusion criteria:

Female nurses aged 30-50 years. Participation in the Pilates Exercise Program for 8 weeks Having stress, anxiety and depression according to the questionnaire Having back pain Not having a hospital stay for at least 3 months. Non-use of psychiatric drugs. Do not have any exercise program in everyday life

Age

From **30 years** old to **50 years** old

Gender

Female

Phase

N/A

Groups that have been masked

- Participant
- Investigator

Sample size

Target sample size: **70**

Actual sample size reached: **70**

Randomization (investigator's opinion)

Randomized

Randomization description

The samples were randomly divided into two intervention and control groups by randomization method. We wrote the names of 70 participants and gave each person a code from 1 to 70 then, using a random number table with a computer software, 35 of them first came out of the table. The intervention group and 35 people whose code was taken out of the table later, the control group was selected

Blinding (investigator's opinion)

Double blinded

Blinding description

The 70 participants in the study did not know that they were either in the control group or the intervention group. The investigator also did not know that the 70 participants who entered the intervention group and who entered the control group (double blind)

Placebo

Not used

Assignment

Parallel

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

The Ethics Committee of the University of Social Welfare and Rehabilitation Sciences of Tehran

Street address

Evin Student Boulevard, Todiya Street19

City

Tehran

Province

Tehran

Postal code

1985713871

Approval date

2017-08-23, 1396/06/01

Ethics committee reference number

IR.USWR.REC.1396.121

Health conditions studied

1

Description of health condition studied

Pilates

ICD-10 code

ICD-10 code description

Primary outcomes

1

Description

Anxiety

Timepoint

The beginning of the study (before the intervention) and the end of 8 weeks after the exercises

Method of measurement

Anxiety using a standard DASS21 questionnaire

2

Description

stress

Timepoint

The beginning of the study (before the intervention) and the end of 8

Method of measurement

Stress using the standard DASS21 questionnaire

3

Description

Depression

Timepoint

The beginning of the study (before the intervention) and the end of 8

Method of measurement

Depression using the standard DASS21 questionnaire

4

Description

Back pain

Timepoint

The beginning of the study (before the intervention) and the end of 8

Method of measurement

Lower back pain using the Oswestry questionnaire

Secondary outcomes

empty

Intervention groups

1

Description

Intervention group: The intervention group trained in Pilates training for eight hours each week, three sessions and each session for one hour under the supervision of the trainer.

Category

Rehabilitation

2

Description

Control group: In this group, there will be no special action and will go to regular routine activities.

Category

N/A

Recruitment centers

1

Recruitment center

Name of recruitment center

بیمارستان

Full name of responsible person

زهرا عالی پور

Street address

Hasht - Behesht Ave., Ostandari St., Isfahan, Iran

City

Esfahan

Province

Isfahan

Postal code

8145831451

Phone

+98 31 3222 2127

Fax

+98 31 3222 2255

Email

nour@mui.ac.ir

Web page address

<http://nour.mui.ac.ir>

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

University of social welfare and rehabilitation sciences

Full name of responsible person

Dr. Mohammad Reza Khodaei

Street address

Tehran, Evin, Student Blvd, Childhood Death

City

Tehran

Province

Tehran

Postal code

1985713834

Phone

+98 21 2218 0083

Fax

+98 21 2218 0109

Email

Kh.ardakani@uswr.ac.ir

Grant name

Grant code / Reference number

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

Yes

Title of funding source

University of social welfare and rehabilitation sciences

Proportion provided by this source

50

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

University of social welfare and rehabilitation sciences

Full name of responsible person

Zahra Aalipoor

Position

Nursing Graduate Student

Latest degree

Bachelor

Other areas of specialty/work

Nursery

Street address

Esfahan, Vahid St., Alley 40, No. 29

City

Esfahan

Province

Isfahan

Postal code

8371181769

Phone

+98 31 3777 0970

Email

zahra_aalipoor@yahoo.com

Person responsible for scientific inquiries

Contact

Name of organization / entity

University of social welfare and rehabilitation sciences

Full name of responsible person

Zahra Aalipoor

Position

Nursing Graduate Student

Latest degree

Bachelor

Other areas of specialty/work

Nursery

Street address

Vahid St., Alley 40, No. 29

City

Esfahan

Province

Isfahan

Postal code

8371181769

Phone

+98 31 3777 0970

Email

zahra_aalipoor@yahoo.com

Person responsible for updating data

Contact

Name of organization / entity

University of social welfare and rehabilitation sciences

Full name of responsible person

Zahra Aalioor

Position

Nursing Graduate Student

Latest degree

Bachelor

Other areas of specialty/work

Nursery

Street address

Isfahan, Vahid St., Alley 40, No. 29

City

Esfahan

Province

Isfahan

Postal code

8371181769

Phone

+98 31 3777 0970

Email

zahra_aalipoor@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

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

A portion of the information, such as information on its main consequence, can be shared.

When the data will become available and for how long

6 months after printing results

To whom data/document is available

Data will be available to researchers working in academia and academia

Under which criteria data/document could be used

Use and send email

From where data/document is obtainable

email address

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

6 months after printing results

Comments