

# 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**