Clinical Trial Protocol
Iranian Registry of Clinical Trials

07 Nov 2026

Effects of pelvic floor muscle exercises on quality of life outcomes in women with stress urinary incontinence: a clinical trial study

Protocol summary

Summary
Aim: this study evaluated the effects of pelvic floor muscle exercise on quality of life outcomes in women with stress urinary incontinence. Method: After baseline evaluation, 50 women were assigned to this clinical trial. Women were eligible for the study if they weren't pregnant, menopause or in postpartum period. Participants were trained to do pelvic floor muscle exercises for 3 months and their quality of life were measured before and 3 months after intervention.

General information

Acronym

IRCT registration information
IRCT registration number: **IRCT138903024002N1**
Registration date: **2009-02-03, 1387/11/15**
Registration timing: **retrospective**

Last update:
Update count: **0**

Registration date
2009-02-03, 1387/11/15

Registrant information

Name
Shadab Shahali

Name of organization / entity
Academic centre of education, culture and research (ACECR), Iran University of medical sciences bran

Country
Iran (Islamic Republic of)

Phone
+98 21 8879 7403

Email address
shahali@irmed.org

Recruitment status
Recruitment complete

Funding source
Academic centre of education, culture and research (ACECR), Iran University of medical sciences branch

Expected recruitment start date
2009-02-03, 1387/11/15

Expected recruitment end date
2009-11-06, 1388/08/15

Actual recruitment start date
empty

Actual recruitment end date
empty

Trial completion date
empty

Scientific title
Effects of pelvic floor muscle exercises on quality of life outcomes in women with stress urinary incontinence: a clinical trial study

Public title
Effects of pelvic floor muscle exercises on quality of life outcomes in women with stress urinary incontinence

Purpose
Treatment

Inclusion/Exclusion criteria
Inclusion criteria: women with stress urinary incontinence. Exclusion criteria: pregnancy; women who were menopause or in postpartum period; women who had medical history including pelvic cancer, severe endometriosis, neurological or metabolic disorders with bladder or sphincter dysfunction; medical or surgical treatment for stress urinary incontinence or vaginal wall prolapse; atrophic vaginitis; vulvoviginitis or urinary tract infection.

Age
From **15 years** old to **50 years** old

Gender
Female

Phase
N/A

Groups that have been masked
No information
Sample size
Target sample size: **50**
Randomization (investigator's opinion)
N/A
Randomization description
Blinding (investigator's opinion)
Single blinded
Blinding description
Placebo
Not used
Assignment
Single
Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee
Name of ethics committee
Academic centre of education, culture and research (ACECR), Iran University of medical sciences bran
Street address
No. 94, Beginning of South Gandhi St, Vanak Square
City
Tehran
Postal code
Approval date
2009-05-01, 1388/02/11
Ethics committee reference number
1741-11

Health conditions studied

1

Description of health condition studied
urinary incontinence
ICD-10 code
N00-N99
ICD-10 code description
Diseases of the genitourinary system

Primary outcomes

1

Description
quality of life outcomes
Timepoint
1,2 & 3 months after intervention
Method of measurement
I_QOL questionnaire

Secondary outcomes

1

Description
decrease in episodes of urine loss
Timepoint
1,2 & 3 months after intervention
Method of measurement
voiding diary questionnaire

Intervention groups

1

Description
pelvic floor muscle exercises
Category
Treatment - Other

Recruitment centers

1

Recruitment center
Name of recruitment center
Akbar Abadi hospital
Full name of responsible person
Street address
City
Tehran

Sponsors / Funding sources

1

Sponsor
Name of organization / entity
Academic centre of education, culture and research (ACECR), Iran University of medical sciences bran
Full name of responsible person
Dr Mohammad Reza Nateghi
Street address
No. 94, Beginning of South Gandhi St, Vanak Square
City
Tehran
Grant name
Grant code / Reference number
Is the source of funding the same sponsor organization/entity?
Yes
Title of funding source
Academic centre of education, culture and research (ACECR), Iran University of medical sciences bran
Proportion provided by this source
100
Public or private sector
empty
Domestic or foreign origin
empty
Category of foreign source of funding

empty

Country of origin

Type of organization providing the funding

empty

Person responsible for general inquiries

Contact

Name of organization / entity

Academic centre of education, culture and research (ACECR), Iran University of medical sciences bran

Full name of responsible person

Shadab Shahali

Position

Ms in Midwifery

Other areas of specialty/work

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Person responsible for updating data

Contact

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Shadab Shahali

Position

Other areas of specialty/work

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Sharing plan

Deidentified Individual Participant Data Set (IPD)

empty

Study Protocol

empty

Statistical Analysis Plan

empty

Informed Consent Form

empty

Clinical Study Report

empty

Analytic Code

empty

Data Dictionary

empty