

Clinical Trial Protocol

Iranian Registry of Clinical Trials

02 Aug 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; vulvovaginitis 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 scientific inquiries

Contact

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Person responsible for updating data

Contact

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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