

Clinical Trial Protocol

Iranian Registry of Clinical Trials

18 Jul 2026

The effect of using Pilates exercise on the outcome of delivery in primiparous women

Protocol summary

Study aim

The effect of pilates exercise on labor outcom in primiparous women

Design

A_ Clinical trial, Single_ blind, with a control grop, Randomized hexagon block type.

Settings and conduct

Samples are selected from the Women's Clinic of 22 Bahman Hospital. Intervention group starts the exercise from 26 to 28 weeks of pregnancy. Individuals of group exercise Pilates exercise room under the supervision of a trainer during pregnancy 2 session pre week for 8 week and each session for 40 minutes with moderate severity. The control group will receive rotin care during pregnancy and there will be no sports intervention. A researcher_ made questionnaire will be used to measure pregnancy outcomes.

Participants/Inclusion and exclusion criteria

Inclsion criteria: age range from18 to 35 years; nulli parite; 26 to 28 weeks of pregnancy; stutisfaction with participation in the study; exclusion criteria: there are disease such as hypertension; gestational diabetes; heart problems; muscular and skeletal problems; Absense of more than two sessions in sports programs; Dissatisfaction with research.

Intervention groups

Intervention group starts the exercise from 26 to 28 weeks of pregnancy. Individuals of group exercise pilates exercise room under the supervision of a trainer durig pregnancy.the control group will receive rotin care during pregnancy and there will be no sports intervention.

Main outcome variables

Duration of labor, Pilates Exersise Program, type of birh, Birth weight, Birth Apgar, using oxytocin, Episiotomy, severity of pain

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20200126046266N1**

Registration date: **2020-05-02, 1399/02/13**

Registration timing: **retrospective**

Last update: **2020-05-02, 1399/02/13**

Update count: **0**

Registration date

2020-05-02, 1399/02/13

Registrant information

Name

NASIM YOOSEFI GHANDALI

Name of organization / entity

Country

Iran (Islamic Republic of)

Phone

+98 61 6333 3457

Email address

yoosefi.n@agums.ac.ir

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2020-02-11, 1398/11/22

Expected recruitment end date

2020-03-10, 1398/12/20

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effect of using Pilates exercise on the outcome of delivery in primiparous women		Province Khouzestan	
Public title The effect of using Pilates exercise on the outcome of delivery		Postal code 15794-61357	
Purpose Health service research		Approval date 2020-01-18, 1398/10/28	
Inclusion/Exclusion criteria Inclusion criteria: Age range from 18 to 35 years nulliparous 26 to 28 weeks of pregnancy Exclusion criteria:		Ethics committee reference number IR.AJUMS.REC.1398.766	
Age From 18 years old to 35 years old		Health conditions studied	
Gender Female		1	
Phase N/A		Description of health condition studied Pilates exercise and labor outcome	
Groups that have been masked • Care provider		ICD-10 code ICD-10 code description	
Sample size Target sample size: 110 More than 1 sample in each individual Number of samples in each individual: 55 55		Primary outcomes	
Randomization (investigator's opinion) Randomized		1	
Randomization description Randomization method is randomized 6 block design. The present study will be conducted as a randomized clinical trial. Pregnant women will be assigned to intervention and control groups using a randomized block design with 6 block. The research setting will be the 22 Bahman Hospital.		Description Pilates exercise program	
Blinding (investigator's opinion) Single blinded		Timepoint The effect of pilates exercise on labor outcome 4 to 10 weeks after intervention	
Blinding description The study will be single-blind in that the evaluators will be kept unaware of the type of treatment group.		Method of measurement Use a two-part checklist, the first section is demographic information, part 2 medical information related to research purposes: duration of labor, type of Birth, Birth weight, Birth Apgar, using oxytocin, severity of pain, Episiotomy, Maternal satisfaction with the delivery experience.	
Placebo Not used		Secondary outcomes empty	
Assignment Parallel		Intervention groups	
Other design features		1	
Secondary outcomes empty		Description The number of people in the intervention group will be 55. Intervention group starts the exercise from 26 to 28 weeks of pregnancy. Individuals of group exercise pilates exercise room under the supervision of a trainer during pregnancy 2 sessions per week for 8 weeks and each session for 40 minutes with moderate severity. The timing of each session includes: verification of posture, warm-up phase (5-8 min), aerobic and toning phase (25-30 min), flexibility phase (5-10 min) it will help women to relax their muscles and elongate them and the last final phase of returning to a calm state (5-10 min) where relaxation techniques will be performed.	
Ethics committees		Category Lifestyle	
1		2	
Ethics committee Name of ethics committee Ahvaz University of Medical Science Street address Golestan Blvd City Ahvaz		Description	

The number of people in the control group will be 55. The control group will receive routine care during pregnancy and there will be no sports intervention.

Category

Lifestyle

Recruitment centers

1

Recruitment center

Name of recruitment center

22Bahman Masjed Soleiman Hospital

Full name of responsible person

Nasim yoosefi ghand ali

Street address

Number2

City

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Province

Khouzestan

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Ahvaz University of Medical Sciences

Full name of responsible person

Deputy of research and technology

Street address

Golestan Blvd

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Ahvaz

Province

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6135715794

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nsm.yoosefi@gmail.com

Grant name

Grant code / Reference number

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

Yes

Title of funding source

Ahvaz 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

Ahvaz University of Medical Sciences

Full name of responsible person

Nasim Yoosefi ghand ali

Position

Student

Latest degree

Bachelor

Other areas of specialty/work

Midwifery

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Person responsible for scientific inquiries

Contact

Name of organization / entity

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Full name of responsible person

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Position

Associate professor

Latest degree

Ph.D.

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Person responsible for updating data

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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

No more information

Study Protocol

No - There is not a plan to make this available

Statistical Analysis Plan

No - There is not a plan to make this available

Informed Consent Form

No - There is not a plan to make this available

Clinical Study Report

No - There is not a plan to make this available

Analytic Code

No - There is not a plan to make this available

Data Dictionary

Not applicable