Clinical Trial Protocol
Iranian Registry of Clinical Trials

17 Sep 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
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Iran (Islamic Republic of)
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Email address
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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

Public title
The effect of using Pilates exercise on the outcome of delivery
Purpose
Health service research
Inclusion/Exclusion criteria
Inclusion criteria:
Age range from18 to 35 years nulli parite 26 to 28 weeks of pregnancy Stutisfaction with participation in the study
Exclusion criteria:
Age
From **18 years** old to **35 years** old
Gender
Female

Phase
N/A
Groups that have been masked

- Care provider

Sample size
Target sample size: **110**
More than 1 sample in each individual
Number of samples in each individual: **55**
55
Randomization (investigator's opinion)
Randomized
Randomization description
Randomization method is randomized 6 block design. The present study will be conducted as a randomized clinical trial. Pregnant womens 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.
Blinding (investigator's opinion)
Single blinded
Blinding description
The study will be single_ blind in that the evaluators will be kept unaware of the type of treatment group.
Placebo
Not used
Assignment
Parallel
Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee
Name of ethics committee
Ahvaz Uniersity of Medical Scince
Street address
Golestan Blvd
City
Ahvaz
Province
Khouzestan
Postal code
15794-61357
Approval date
2020-01-18, 1398/10/28
Ethics committee reference number
IR.AJUMS.REC.1398.766

Health conditions studied

1

Description of health condition studied
Pilates exercise and labor outcome
ICD-10 code
ICD-10 code description

Primary outcomes

1

Description
Pilates exercise program
Timepoint
The effect of pilates exercise on labor outcome 4to10 weeks after intervention
Method of measurement
lUse a two-part cheek list,the firest section is demographic,information part 2medical information related to research purposes:duration of labor,type of Birth,Birth weight,Birth Apgar,using oxytocin,severity of pain,Episiotomy,Maternal sutisfaction with the delivery experience.

Secondary outcomes

empty

Intervention groups

1

Description
The number of people in the intrvention group will be 55. Intervention group starts the exarcise 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 week and each session for 40 minutes with moderate severity. The timing of each session includes: verifiction 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 ralaction techniques will be performed.
Category
Lifestyle

2

Description

The number of people in the control group will be 55. The control group will receve rotin 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

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Masjed Sleiman

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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

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Ahvaz

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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

Ahvaz University of Medical Sciences

Full name of responsible person

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Position

Associate professor

Latest degree

Ph.D.

Other areas of specialty/work

Reproductive Health

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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