

Clinical Trial Protocol

Iranian Registry of Clinical Trials

17 Sep 2026

Determining the effect of pelvic floor muscle exercise on urinary incontinence and leisure and leisure time of women with Multiple Sclerosis

Protocol summary

Study aim

Determining the effect of pelvic floor muscle exercise on urinary incontinence and leisure activities of women with Multiple Sclerosis

Design

Experimental research without control group will be performed on 12 female patients that they will be selected by convenience sampling.

Settings and conduct

The research place will be located in the occupational therapy clinic of Sina Hospital in Hamadan. Patients will go there and pelvic floor exercises will be done under the supervision of occupational therapists. Blinding will not do in research.

Participants/Inclusion and exclusion criteria

Capable to write and read Don't have any other diseases

Intervention groups

Intervention group: Patients do exercise 3 times a week for 8 weeks. These exercises are performed under the supervision of occupational therapists. This series of exercises includes three sport movements: Bird dog, Plank and Leg lift, which are used to strengthen the pelvic floor muscles.

Main outcome variables

Urinary incontinence Leisure activity

General information

Reason for update

Acronym

MS

IRCT registration information

IRCT registration number: **IRCT20200509047370N1**

Registration date: **2020-08-27, 1399/06/06**

Registration timing: **retrospective**

Last update: **2020-08-27, 1399/06/06**

Update count: **0**

Registration date

2020-08-27, 1399/06/06

Registrant information

Name

Seyed Mohammad Sadegh Hosseini

Name of organization / entity

Country

Iran (Islamic Republic of)

Phone

+98 81 3838 1571

Email address

hosseini.ot@gmail.com

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2019-04-21, 1398/02/01

Expected recruitment end date

2019-09-23, 1398/07/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Determining the effect of pelvic floor muscle exercise on urinary incontinence and leisure and leisure time of women with Multiple Sclerosis

Public title

Effect of pelvic floor muscle exercise on Multiple Sclerosis

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria:

Capable to write and read Don't have any other diseases

Exclusion criteria:

Dissatisfaction with participating to research in any part of its implementation

Age

No age limit

Gender

Female

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: 12

Randomization (investigator's opinion)

N/A

Randomization description

Blinding (investigator's opinion)

Not blinded

Blinding description

Placebo

Not used

Assignment

Single

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Hamadan University of Medical Sciences

Street address

Shahid Fahmideh

City

Hamadan

Province

Hamadan

Postal code

6517838841

Approval date

2020-04-25, 1399/02/06

Ethics committee reference number

IR.UMSHA.REC.1399.080

Health conditions studied

1

Description of health condition studied

multiple sclerosis

ICD-10 code

G35

ICD-10 code description

Multiple sclerosis

Primary outcomes

1

Description

Urinary Incontinence

Timepoint

2 months

Method of measurement

ICIQ-UI SF

2

Description

leisure

Timepoint

2 months

Method of measurement

leisure multiple sclerosis questionnaire

3

Description

Intimacy and sexuality

Timepoint

2 months

Method of measurement

The multiple sclerosis intimacy and sexuality questionnaire-19

4

Description

Fatigue

Timepoint

2 months

Method of measurement

Fatigue Severity Scale (FSS)

5

Description

Depression Anxiety Stress

Timepoint

2 months

Method of measurement

Depression Anxiety Stress Scale (DASS21)

Secondary outcomes

empty

Intervention groups

1

Description

Intervention group: Patients exercise 3 times a week for 8 weeks. These exercises are performed under the supervision of occupational therapists. This series of exercises includes three sports movements: Bird dog,

Plank and Leg lift, which are used to strengthen the pelvic floor muscles.

Category

Rehabilitation

Recruitment centers

1

Recruitment center

Name of recruitment center

Occupational Therapy clinic in Sina hospital

Full name of responsible person

Seyed Mohammad Sadegh Hosseini

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Honarestan

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Hamedan University of Medical Sciences

Full name of responsible person

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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

Hamedan 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

Hamedan University of Medical Sciences

Full name of responsible person

Seyed Mohammad Sadegh Hosseini

Position

Assistant professor

Latest degree

Ph.D.

Other areas of specialty/work

Occupational Therapy

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Sharing plan

Deidentified Individual Participant Data Set (IPD)

Yes - There is a plan to make this available

Study Protocol

Undecided - It is not yet known if there will be a plan to

make this available

Statistical Analysis Plan

Undecided - It is not yet known if there will be a plan to make this available

Informed Consent Form

Undecided - It is not yet known if there will be a plan to make this available

Clinical Study Report

Undecided - It is not yet known if there will be a plan to make this available

Analytic Code

Undecided - It is not yet known if there will be a plan to make this available

Data Dictionary

Undecided - It is not yet known if there will be a plan to make this available

Title and more details about the data/document

Determining the effect of pelvic floor muscle exercise on urinary incontinence and leisure and leisure time of women with Multiple Sclerosis

When the data will become available and for how long

Start access after printing the article

To whom data/document is available

researchers

Under which criteria data/document could be used

Analysis between variables

From where data/document is obtainable

authors

What processes are involved for a request to access data/document

Requests from authors and a maximum of one month will be answered.

Comments