

Clinical Trial Protocol

Iranian Registry of Clinical Trials

02 Jun 2026

The Effectiveness of Yoga Therapy on Early Maladaptive Schemas and Emotional Distress of Premenstrual Syndrome (pms)

Protocol summary

Study aim

The aim of this study is The Effectiveness of Yoga Therapy on Early Maladaptive Schemas and Emotional Distress of Premenstrual Syndrome (PMS)

Design

Clinical trial, without control group, without blinding, randomized on three patients

Settings and conduct

Screening to find samples is done at Binish Consulting Center in Ahvaz.3 selected samples are randomly determined as the first, second, third. Cognitive behavioral therapy is performed as 8 sessions of 90 minutes and once a week based on the package "Effect of Yoga Therapy on Early Maladaptive Schemas and Emotional Distress of PMS.In the first session, people complete the questionnaires of Young's schema and Toronto Alexithymia scale-20at the beginning of the study.48 hours after the end of the intervention, the participants complete the questionnaires again

Participants/Inclusion and exclusion criteria

Inclusion criteria included: Age 18-45 years- Cycle education-Confirmation of premenstrual syndrome with moderate to severe severity

Intervention groups

Cognitive behavioral therapy is carried out in 8 sessions of 90 minutes and once a week based on the package "Effect Yoga Therapy on Early Maladaptive Schemas and Emotional Distress of premenstrual syndrome" in the intervention group

Main outcome variables

severity of premenstrual symptoms; premenstrual behavioral symptoms; depression

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20220713055457N3**

Registration date: **2022-11-07, 1401/08/16**

Registration timing: **registered_while_recruiting**

Last update: **2022-11-07, 1401/08/16**

Update count: **0**

Registration date

2022-11-07, 1401/08/16

Registrant information

Name

Zohreh Ahmady

Name of organization / entity

Islamic Azad University Behbahan Branch

Country

Iran (Islamic Republic of)

Phone

+98 916 982 5673

Email address

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Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2022-11-06, 1401/08/15

Expected recruitment end date

2022-11-13, 1401/08/22

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The Effectiveness of Yoga Therapy on Early Maladaptive Schemas and Emotional Distress of Premenstrual Syndrome (pms)

Public title

The Effectiveness of Yoga Therapy on Early Maladaptive Schemas and Emotional Distress of Premenstrual Syndrome (pms)

Purpose

Education/Guidance

Inclusion/Exclusion criteria

Inclusion criteria:

Age 18-45 years Cycle education Confirmation of premenstrual syndrome with moderate and severe severity

Exclusion criteria:

Age

From **18 years** old to **45 years** old

Gender

Female

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **3**

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

Ethics committee of Islamic Azad University
Behbahan Branch

Street address

Shahid Bayani Ave., AmirKabir Blvd., Behbahan City

City

Ahvaz

Province

Khuzestan

Postal code

6361713198

Approval date

2022-09-19, 1401/06/28

Ethics committee reference number

IR.IAU.BEHBAHAN.REC.1401.016

Health conditions studied

1

Description of health condition studied

Premenstrual Syndrome

ICD-10 code

ICD-10 code description

Primary outcomes

1

Description

Severity of premenstrual syndrome symptoms

Timepoint

before and 48 hours after the end of the intervention

Method of measurement

Young's schema (YSQ-SF) and Toronto Alexithymia scale-20 questionnaire

Secondary outcomes

1

Description

Behavioral symptoms related to premenstrual syndrome

Timepoint

before and 48 hours after the end of the intervention

Method of measurement

Young's schema and Toronto Alexithymia scale-20
Questionnaires

Intervention groups

1

Description

Intervention group: 3 selected samples are randomly determined as the first, second, third. Cognitive behavioral therapy is performed as 8 sessions of 90 minutes and once a week based on the package "Effect of Yoga Therapy on Early Maladaptive Schemas and Emotional Distress of PMS"

Category

Behavior

Recruitment centers

1

Recruitment center

Name of recruitment center

Binesh Consulting Center

Full name of responsible person

Leyla Jazayeri

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No. 20, West 7th Street, Kianpars Blvd

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Sponsors / Funding sources**1****Sponsor****Name of organization / entity**

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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

Islamic Azad University

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**

Islamic Azad University

Full name of responsible person

Zohre Ahmady

Position

Instructor

Latest degree

Master

Other areas of specialty/work

Midwifery

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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

There is no further information

Study Protocol

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

Statistical Analysis Plan

Not applicable

Informed Consent Form

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

Clinical Study Report

Not applicable

Analytic Code

Not applicable

Data Dictionary

Not applicable