Clinical Trial Protocol
Iranian Registry of Clinical Trials

08 Nov 2026

Investigating the impact of life skills education on students' premenstrual syndrome symptom severity , residing in dormitories of Ferdowsi University of Mashhad in the school year 2012-2013

Protocol summary

Summary

Introduction: Premenstrual syndrome includes a set of unpleasant physical, emotional or behavioral symptoms which can be observed in luteal phase of the menstrual cycle, in repeated form. 90% of women experience some grades of premenstrual syndrome symptoms. Yet, no definitive treatment has been certified for premenstrual syndrome. This paper tends to investigate the impact of life skills education on students premenstrual syndrome symptom severity, residing in dormitories of Ferdowsi University of Mashhad in the school year 2012-2013. Method: This research is on a clinical trial basis with two groups. The research sample includes 68 first year bachelor's students, placed in two groups of education and control. Inclusion criteria: premenstrual syndrome, first year bachelor's students residing in dormitory Ferdowsi University of Mashhad, regular menstruation, consent to participate in the study, the GHQ score less than 28 and having at least 5 symptoms of DSMIV PMS symptoms questionnaire. Exclusion criteria was history of regular exercise at 3 months before the study; special diet; use of health plans, pharmacologicall and non-pharmacologicall plant to relieve premenstrual problems than 3 days before start the study; history of chronic diseases; major accident during the 3 months prior start the study; absence more than one session classes training life skills; introduction to life skills , fields of education psychology, sociology, education and culture, failure to complete calendar day state of PMS symptoms. 4 skills self- Awareness, effective communication, stress management, and coping with anger were taught to the education group in 8 sessions. 8 session were held for the control group and each session Were given a sexually transmitted disease form to individuals and their questions were answered. Data collection tools include: menstrual and individual information questionnaire, general health questionnaire, form of temporary diagnosis of premenstrual syndrome, daily status registration form, knowledge and attitude assessment form about premenstrual syndrome and life skills. Life skills were taught to the education group in 8 sessions. Data were analyzed, using SPSS16 software and statistical tests.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2013052813490N1**
Registration date: **2013-08-13, 1392/05/22**
Registration timing: **retrospective**

Last update:
Update count: **0**

Registration date

2013-08-13, 1392/05/22

Registrant information

Name

Roghayeh Dadi Givshad

Name of organization / entity

Mashhad University of Medical Sciences

Country

Iran (Islamic Republic of)

Phone

+98 56 1431 0943

Email address

dadir891@mums.ac.ir

Recruitment status

Recruitment complete

Funding source

Mashhad University of Medical Sciences

Expected recruitment start date

2013-01-28, 1391/11/09

Expected recruitment end date
2013-06-04, 1392/03/14
Actual recruitment start date
empty
Actual recruitment end date
empty
Trial completion date
empty

Scientific title
Investigating the impact of life skills education on students' premenstrual syndrome symptom severity , residing in dormitories of Ferdowsi University of Mashhad in the school year 2012-2013

Public title
The impact of life skills education on premenstrual syndrome symptom
Purpose
Treatment
Inclusion/Exclusion criteria
Inclusion criteria: premenstrual syndrome; single and Iranian nationality; student residing in dormitories Ferdowsi University of Mashhad; regular monthly period (the interval between two menstrual cycles 33-28 days and 7-10 days); consent to participate in research; the score less than 28 in GHQ; had least 5 mark (must one of the first symptoms of the four symptoms.) of the form DSMIV (PMS questionnaire based on the Diagnostic and Statistical Manual of Mental Disorders criteria). Exclusion criteria: history of regular exercise at 3 months before the study; special diet; use of health plans, pharmacologicall and non-pharmacologicall plant to relieve premenstrual problems than 3 days before start the study; history of chronic diseases; major accident during the 3 months prior start the study; absence more than one session classes training life skills; introduction to life skills (through attending workshops, reading books and other methods); fields of education, psychology, sociology, education and culture; failure to complete calendar day state of PMS symptoms.
Age
From **18 years** old to **23 years** old
Gender
Female

Phase
N/A
Groups that have been masked
No information
Sample size
Target sample size: **68**
Randomization (investigator's opinion)
Randomized
Randomization description
Blinding (investigator's opinion)
Not blinded
Blinding description
Placebo
Not used
Assignment
Parallel
Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee
Name of ethics committee
Mashhad University of Medical Sciences
Street address
Doctora Cross,Faculty of Nursing and Midwifery
City
Mashhad
Postal code
Approval date
2012-05-11, 1391/02/22
Ethics committee reference number
910594

Health conditions studied

1

Description of health condition studied
Premenstrual syndrome
ICD-10 code
N94.3
ICD-10 code description
Premenstrual tension syndrome

Primary outcomes

1

Description
Premenstrual syndrome symptom severity
Timepoint
Two months before and one month after intervention
Method of measurement
Daily Calendar form of premenstrual syndrome

Secondary outcomes

1

Description
Psychological and physical premenstrual syndrome symptom severity
Timepoint
Two months before and one month after intervention
Method of measurement
Daily Calendar of PMS symptoms

Intervention groups

1

Description
4 skills self- Awareness, effective communication, stress

management, and coping with negative emotions (anger)were taught to the education group in 8 sessions (2 sessions each skill, each session lasting for 2 hours). training Were taught by the researcher After passing life skills training and confirme psychologist .

Category

Behavior

2

Description

8 session Were held for the control group and each session Were given a sexually transmitted disease Form to individuals and their questions were answered training . form presented at the session include women genital tract, sexually transmitted diseases, AIDS, vaginitis and chlamydia infection, gonorrhea, syphilis, herpes and genital warts.

Category

Behavior

Recruitment centers

1

Recruitment center

Name of recruitment center

Pardis dormitories 2 and 4 Ferdowsi University of Mashhad

Full name of responsible person

Street address

City

Mashhad

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Mashhad University of Medical Sciences

Full name of responsible person

Dr. Mohsen Tafaghodi

Street address

Mashhad - Daneshgah Avenue, Building Qureshi.Research Council of Mashhad University of Medical Sciences

City

Mashhad

Grant name

Grant code / Reference number

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

Yes

Title of funding source

Mashhad University of Medical Sciences

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

Faculty of Nursing and Midwifery

Full name of responsible person

Roghayeh Dadi Givshad

Position

MSc Student

Other areas of specialty/work

Street address

Vali Asr Hospital, Birjand

City

Birjand

Postal code

Phone

+98 915 791 9884

Fax

Email

dadir891@mums.ac.ir

Web page address

Person responsible for scientific inquiries

Contact

Name of organization / entity

Faculty of Nursing and Midwifery

Full name of responsible person

Roghayeh Dadi Givshad

Position

MSc Student

Other areas of specialty/work

Street address

Vali Asr Hospital, Birjand

City

Birjand

Postal code

Phone

+98 915 791 9884

Fax

Email

r.dadi@bums.ac.ir

Web page address

Person responsible for updating data

Contact

Name of organization / entity

Faculty of Nursing and Midwifery

Full name of responsible person

Roghayeh Dadi Givshad

Position

MSc Student

Other areas of specialty/work

Street address

Vali Asr Hospital, Birjand

City

Birjand

Postal code

Phone

Fax

Email

Web page address

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