Clinical Trial Protocol
Iranian Registry of Clinical Trials

08 Nov 2026

The Effect of Vitamin B complex and Pilates on the Pre-Menstrual Syndrome in non-athletic girls

Protocol summary

Summary
The purpose of this study was to compare the Effect of Fennel and Pilates on the Pre-Menstrual Syndrome(PMS) in non-athletic girls. Methods: This quasi-experimental study was conducted on 40 non-athlete female students. They aged 18-23 year and had been diagnosed with PMS. The participants were assigned to four experimental groups (Vitamin, Pilate, Vitamin and Pilate) and a control group. All the trainings were performed about 4 weeks and every week there were 3 sessions of training. Students were advised to use the Vitamin B complex, 1 times a day for a Month. The participants were investigated during their first period (pre-test) and the second (post-test), using a premenstrual symptoms screening tool (psst). Conclusion: Our findings indicate that consumption this Vitamin B complex with Pilates exercise improves the severity of PMS symptom among the participants of this Study Essential Key: premenstrual syndrome, Pilates, fennel the plant

General information

Acronym

IRCT registration information
IRCT registration number: **IRCT2015012520465N2**
Registration date: **2015-02-03, 1393/11/14**
Registration timing: **retrospective**

Last update:
Update count: **0**

Registration date
2015-02-03, 1393/11/14

Registrant information

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Fatemeh Omidali
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Recruitment status
Recruitment complete

Funding source
University of Ayatollah Boroujerdi

Expected recruitment start date
2014-09-23, 1393/07/01

Expected recruitment end date
2014-10-23, 1393/08/01

Actual recruitment start date
empty

Actual recruitment end date
empty

Trial completion date
empty

Scientific title
The Effect of Vitamin B complex and Pilates on the Pre-Menstrual Syndrome in non-athletic girls

Public title
The Effect of Vitamin B complex and Pilates on the Pre-Menstrual Syndrome in non-athletic girls

Purpose
Treatment

Inclusion/Exclusion criteria
Inclusion criteria:signs of PMS; non- athlete; absence of disease Exclusion criteria: disease; lack of cooperation

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: **260**
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
Ayatolah Bourujerdy Univercity
Street address
3km Khorramabad Bourujerd
City
Bourujerd
Postal code
Approval date
2010-09-23, 1389/07/01
Ethics committee reference number
93-10پ

Health conditions studied

1

Description of health condition studied
Pilates and vitamin B complex relationship between the symptoms of premenstrual syndrome in girls non-athletes
ICD-10 code
ICD-10 code description

Primary outcomes

1

Description
physical symptoms
Timepoint
Pretest- Post test
Method of measurement
Premenstrual Symptoms screening of questionnaires psst (Iranian species)

2

Description
Of mood and behavioral symptoms
Timepoint
Pretest- Post test
Method of measurement
Premenstrual Symptoms screening of questionnaires psst (Iranian species)

3

Description
Effects of physical symptoms, mood and behavior life of individuals with premenstrual syndrome
Timepoint
Pretest- Post test
Method of measurement
Premenstrual Symptoms screening of questionnaires psst (Iranian species)

Secondary outcomes

empty

Intervention groups

1

Description
Intervention group1: The Pilates exercises for 4 weeks, 3 times a week and each session was 45 minutes
Category
Lifestyle

2

Description
Intervention group2: All the trainings were performed about 4 weeks and every week there were 3 sessions of training. Students were advised to use the Vitamin B complex, 1 times a day for a Month
Category
Lifestyle

3

Description
Intervention group3: Students were advised to use the Vitamin B complex, 1 times a day for a Month
Category
Treatment - Drugs

4

Description
Control group: did not receive any training done and complementary
Category
N/A

Recruitment centers

1

Recruitment center
Name of recruitment center
University ayatollah bourujerdy
Full name of responsible person
Fatemeh Omidali
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3km Khorramabad Bourujerd
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Sponsors / Funding sources

1

Sponsor
Name of organization / entity
Ayatollah Bourujerdy University
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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
Ayatollah Bourujerdy University
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
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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*