Clinical Trial Protocol
Iranian Registry of Clinical Trials

07 Nov 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 Universiry 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

Street address

Honarestan

City

Hamadan

Province

Hamadan

Postal code

۱۱۳۷۴۶۹۱۱

Phone

+98 81 3827 4184

Email

hosp_sina@sina.tums.ac.ir

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Hamedan University of Medical Sciences

Full name of responsible person

Dr. Bashirian

Street address

Shahid Fahmideh

City

Hamadan

Province

Hamadan

Postal code

6517838841

Phone

+98 81 3838 0717

Email

m_research@umsha.ac.ir

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

Street address

Shahid Fahmideh

City

Hamadan

Province

Hamadan

Postal code

6517838841

Phone

+98 81 3838 1571

Fax

Email

hosseini.ot@gmail.com

Person responsible for scientific 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

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Phone

+98 81 3838 1571

Fax

Email

hosseini.ot@gmail.com

Person responsible for updating data

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

Street address
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Fax

Email
hosseini.ot@gmail.com

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