

The Effect of Cognitive Exercise Therapy Approach and Yoga in Adolescents With Dysmenorrhoea

NCT06398990

Status	RECRUITING
Phase	Not Applicable
Sponsor	Acibadem University
Enrollment	42 participants

Key Eligibility Criteria

Inclusion (7)

- Between the ages of 10 and 19,
- Having had a menstrual cycle for at least 6-12 months (ACOG, 2018),
- Having menstrual pain intensity of e4 cm according to the Visual Analog Scale (VAS, 0-10 cm) (Kannan, P. 2015; Yonglitthipagon, P. 2017),
- To have been diagnosed with primary dysmenorrhea according to the clinical characteristics and diagnostic approach defined in international dysmenorrhea guidelines (ACOG 2018; JOGC 2017),
- Nulliparous (having never given birth),
- ... and 2 more (see full listing online)

Exclusion (7)

- History or clinical findings suggestive of secondary dysmenorrhea,
- Presence of serious comorbidities, including neurological, cardiovascular, musculoskeletal, psychiatric, gastrointestinal, or autoimmune disorders,
- History of surgery involving the abdominal, pelvic, or spinal regions within the past 12 months,
- Current pregnancy or suspected pregnancy,
- Use of intrauterine devices (IUDs),
- ... and 2 more (see full listing online)

Locations (1 total)

Acibadem Mehmet Ali Aydinlar University, Istanbul, Ata_ehir, Turkey (Türkiye)

<https://clinicaltrials.gov/study/NCT06398990>

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