

Assessment of Nutritional Knowledge, Habits, and Eating Behavior in Athletic Women to Evaluate the Possible Impact on Their Menstrual Function

NCT06933888

Status	RECRUITING
Sponsor	Fondazione IRCCS Policlinico San Matteo di Pavia
Enrollment	102 participants

Key Eligibility Criteria

Inclusion (4)

- Female sex
- Age 16-30 years
- Physical activity > 2 days per week
- Informed consent from the patient and/or an authorized legal representative

Exclusion (4)

- Menstrual disorders of organic cause (ovarian cysts, uterine fibroids, polyps, etc.)
- Concomitant non-reproductive organic diseases (hypertension, diabetes, etc.)
- Use of psychopharmacological therapies
- Language barrier

Locations (1 total)

Fondazione IRCCS Policlinico San Matteo, SSD Ostetricia e Ginecologia 2 - Riproduzione e Procreazione Medicalmente Assistita, Pavia, Pavia, Italy