

Prenatal Pilates and Sexual Function During Pregnancy

NCT07403994

Status RECRUITING
Sponsor Okan University
Enrollment 120 participants

Key Eligibility Criteria

Inclusion (5)

- Pregnant women aged 18 to 45 years
- Singleton pregnancy
- Enrollment during the first trimester of pregnancy (11-13 weeks' gestation)
- Ability to read and understand Turkish
- Willingness to participate and provide written informed consent

Exclusion (7)

- High-risk pregnancy, including but not limited to:
 - Preeclampsia
 - Threatened preterm labor
 - Placenta previa
 - History of pelvic surgery that may affect sexual function
- ... and 2 more (see full listing online)

Locations (1 total)

Istanbul Okan University Hospital, Istanbul, Tuzla, Turkey (Türkiye)