



Ethics Approval of Research

This is to certify that the research project entitled '**The effect of Kegel online exercises on pain, quality of life, core muscle endurance and premenstrual syndrome in girls during the Covid - 19 pandemic**' provided by **Mr. Mohammad Rahimi** has been reviewed in Research Ethics Committee of Sport Sciences Research Institute and was approved according to compliance with *Ethical Standards in Research* of the Ministry of Science, Research and Technology, with the code **IR.SSRI.REC.1401.1364**

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