

Clinical Trial Protocol

Iranian Registry of Clinical Trials

18 Sep 2026

The effect of yoga on health-related quality of life of children living in foster care centers

Protocol summary

Summary

This study investigated the effect of yoga on health-related life quality of orphan parent less children or mal-parented children residing in foster care centers. This was a quasi-experimental one-group pretest- post test study conducted with one experimental group using longitudinal (chronological) multiple-tests design (pre-, peri-, post-). The study population included all the qualified children aged 8-13 years who were either parent less or mal - parented residing in two foster care centers in Isfarain and were selected using availability sampling method. Twenty-five out of 32 children (14 girls and 11 boys) volunteered to participate in the study. They participated in yoga exercises for 8 weeks, 5 days per week each session lasting 45 min (2 sessions in the presence of the researcher and 3 sessions in the absence of the researcher). The "Kid Screen's Health-related Life Quality Questionnaire" was used to measure the health-related life quality. The questionnaire was completed by the participants before, after, during (at the end of the 4th week), immediately after completion, one week, and then one month after intervention.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT201310059798N3**
Registration date: **2017-03-07, 1395/12/17**
Registration timing: **registered_while_recruiting**

Last update:

Update count: **0**

Registration date

2017-03-07, 1395/12/17

Registrant information

Name

Manighe Nourian

Name of organization / entity

Shahid Beheshti University of Medical Sciences

Country

Iran (Islamic Republic of)

Phone

+98 21 8865 5366

Email address

manighea@yahoo.com

Recruitment status

Recruitment complete

Funding source

Private

Expected recruitment start date

2016-10-01, 1395/07/10

Expected recruitment end date

2017-03-21, 1396/01/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effect of yoga on health-related quality of life of children living in foster care centers

Public title

The effect of yoga on health-related quality of life

Purpose

Supportive

Inclusion/Exclusion criteria

inclusion criteria:Lack of certain physical defect, mental retardation and history of mental illness and have normal IQ, Living in foster care for more than a year, Do not have any history of drug use, Cooperation and willingness for participation in the past six months, have not received psychiatric services).(Exclusion criteria: Failure to attend training sessions, not wanting to

continue the cooperation in the study, participate in any class consulting)

Age

From **7 years** old to **12 years** old

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **32**

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

Ethics Committee Tehran Shahid Beheshti University of Medical Sciences School of Nursing and Midwife

Street address

School of Nursing and Midwifery, The intersection of Nyayesh, Vali Asr Ave., Tehran

City

Tehran

Postal code

Approval date

2016-08-02, 1395/05/12

Ethics committee reference number

ir.sbm.u.phnm.1395.455

Health conditions studied

1

Description of health condition studied

Health related quality of life

ICD-10 code

Z00.4

ICD-10 code description

General psychiatric examination, not elsewhere classified

Primary outcomes

1

Description

health related quality of life

Timepoint

3

Method of measurement

kidscreen health related quality of life questionnaire

Secondary outcomes

empty

Intervention groups

1

Description

Doing yoga class for children 8 weeks and 5 sessions of 45 minutes per week for groups

Category

Lifestyle

Recruitment centers

1

Recruitment center

Name of recruitment center

Foster Care Center for Gril(Shaghayegh) and boy(Emam Hasan mojtaba)

Full name of responsible person

Elahe Lal Kheirkhah

Street address

Street Forumandi 28

City

Isfahan

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Private

Full name of responsible person

Elahe Lal Kheirkhah

Street address

Street Forumandi

City

Isfahan

Grant name

Grant code / Reference number

Is the source of funding the same sponsor organization/entity?

Yes

Title of funding source

Private

Proportion provided by this source

100

Public or private sector

empty

Domestic or foreign origin*empty***Category of foreign source of funding***empty***Country of origin****Type of organization providing the funding***empty***Postal code****Phone**

+98 58 3722 6653

Fax**Email**

elahekheirkhah21@yahoo.com

Web page address**Person responsible for general inquiries****Contact****Name of organization / entity**Shahid Beheshti University Of Medical science
Nursing & Midwifery Faculty**Full name of responsible person**

Elahe Lal Kheirkhah

Position

Masters Student

Other areas of specialty/work**Street address**

Tehran

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9661914471

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Sharing plan**Deidentified Individual Participant Data Set (IPD)***empty***Study Protocol***empty***Statistical Analysis Plan***empty***Informed Consent Form***empty***Clinical Study Report***empty***Analytic Code***empty***Data Dictionary***empty*