

Clinical Trial Protocol

Iranian Registry of Clinical Trials

17 Sep 2026

The effect of yoga on Quality of life of postmenopausal women

Protocol summary

Summary

This study has evaluated the efficacy of yoga on quality of life in postmenopausal women . For this purpose,136 participants (age 45-60 years) based on the environment research randomly allocated to in Azmoon and control groups. Azmoon group participated for three months in (two sessions per week and each session 90 minutes) introductory classes of Hatha Yoga educational intervention that combines Asana (physical exercises), pranayama (breathing exercises) and Shavasana (relaxation training). Also, according to a pamphlet which they were presented at the Eighth Session,15 minutes at home each day to exercise the wrist and ankle joints and abdominal breathing exercises because of the importance and ease of doing this would, and at the beginning of each training session about the feedback they were home. Quality of life of the subjects (dimensions vasomotor, psychosocial, physical and sexual) before and three months after the intervention were evaluated. In order to complete the questionnaire at the end of week 8 and week 12 for control group coordination was done via phone. For the control group did not interfere with the control group gift (booklet Yoga) in the study were presented to acknowledge and raise awareness in yoga If you wish to participate in yoga classes.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT201206059944N1**
Registration date: **2012-06-13, 1391/03/24**
Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2012-06-13, 1391/03/24

Registrant information

Name

shabnam alsadat shariatpanahi

Name of organization / entity

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Recruitment status

Recruitment complete

Funding source

Tehran University of Medical Sciences

Expected recruitment start date

2011-09-16, 1390/06/25

Expected recruitment end date

2012-01-09, 1390/10/19

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effect of yoga on Quality of life of postmenopausal women

Public title

The effect of yoga on Quality of life of postmenopausal women

Purpose

Health service research

Inclusion/Exclusion criteria

Inclusion criteria: married Iranian women aged 45-60 years at least one years and a maximum of four years had passed of their menopause; have common symptoms of menopause and least literate; BMI between

20 - 30; menopause naturally occurred not due to surgical causes; currently; no regular exercise; no history of hormonal drugs in the past 6 months and have no physical disease (such as hypertension, diabetes, hypothyroidism and hyperthyroidism) and mental health are not known. Exclusion criteria: failure to attend yoga classes as a non-consecutive four consecutive sessions; any outbreak of the crisis during the three month study; the use of hormonal drugs during the study; entire in exercise program during the research period and unwillingness to continue participation in the study

Age

From **45 years** old to **60 years** old

Gender

Female

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **136**

Randomization (investigator's opinion)

Randomized

Randomization description**Blinding (investigator's opinion)**

Not blinded

Blinding description**Placebo**

Not used

Assignment

Parallel

Other design features**Secondary Ids**

empty

Ethics committees**1****Ethics committee****Name of ethics committee**

Tehran University of Medical Sciences

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Tehran University of Medical Sciences, Ghods St.,
Keshavarz Blvd.

City

Tehran

Postal code**Approval date**

2011-11-28, 1390/09/07

Ethics committee reference number

1583/130/90/3

Health conditions studied**1****Description of health condition studied**

quality of life

ICD-10 code

Z73.9

ICD-10 code description

Problem related to life-management difficulty,
unspecified

Primary outcomes**1****Description**

Quality of life score in postmenopausal women

Timepoint

Before, 8 weeks and 12 weeks after baseline

Method of measurement

Menopause Specific Quality of Life Questionnaire

Secondary outcomes**1****Description**

Dimensions scores for vasomotor, psychosocial, physical
and sexual quality of life in postmenopausal women

Timepoint

Before, 8 weeks and 12 weeks after baseline

Method of measurement

Menopause Specific Quality of Life Questionnaire

Intervention groups**1****Description**

Intervention group participated for three months in (two sessions per week and each session 90 minutes) introductory classes of Hatha Yoga educational intervention that combines Asana (physical exercises), pranayama (breathing exercises) and Shavasana (relaxation training).

Category

Other

2**Description**

For the control group did not interfere with the control group gift (booklet Yoga) in the study were presented to acknowledge and raise awareness in yoga If you wish to participate in yoga classes.

Category

Other

Recruitment centers**1****Recruitment center****Name of recruitment center**

Health Houses related to Tehran Municipality, District
5 Social and Cultural Affairs

Full name of responsible person
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Person responsible for scientific inquiries

Contact

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity
Research Deputy of Tehran University of Medical Sciences
Full name of responsible person
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Tehran University of Medical Sciences, Ghods St., Keshavarz Blvd
City
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Grant name
Grant code / Reference number
Is the source of funding the same sponsor organization/entity?
Yes
Title of funding source
Research Deputy of Tehran University of Medical Sciences
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

Person responsible for general inquiries

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Person responsible for updating data

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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