

Clinical Trial Protocol

Iranian Registry of Clinical Trials

28 Jul 2026

The effect of yoga on health status among women

Protocol summary

Summary

This is a Quasi-experimental study. Participants are recruited from different ages of volunteer's women attending to these classes for the first time. Sample size is 60. Participants are divided into 6 groups; 10 individuals each. The study groups are trained in yoga by an instructor, 2 sessions a week (Each session=1.5 hours) for 16 weeks. Each session consists of 10 minutes breathing exercises, 15 minutes slow suppleness, 50 minutes yoga positions and 15-20 minutes meditation and relaxation. Health status is measured by using Nottingham Health Profile questionnaire before the intervention and at the end of the course.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT201009011693N5**
Registration date: **2010-09-17, 1389/06/26**
Registration timing: **prospective**

Last update:

Update count: **0**

Registration date

2010-09-17, 1389/06/26

Registrant information

Name

Soghra Nikpour

Name of organization / entity

Center for Nursing Care Research, School of Nursing
& Midwifery, Iran University of Medical Sciences

Country

Iran (Islamic Republic of)

Phone

+98 21 8247 1308

Email address

s-nikpour@iums.ac.ir

Recruitment status

Recruitment complete

Funding source

Vice Chancellor for Research and Technology, Iran
University of Medical Sciences

Expected recruitment start date

2010-11-22, 1389/09/01

Expected recruitment end date

2011-04-21, 1390/02/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effect of yoga on health status among women

Public title

Yoga and health status of women

Purpose

Prevention

Inclusion/Exclusion criteria

Inclusion criteria: attending to these classes for the first time, having no cardiovascular, respiratory, or musculoskeletal disorder, not having any problem with doing yoga, having telephone, having literacy
Exclusion criteria: not completing checklist of yoga, not continuing yoga, consumption of any medication

Age

No age limit

Gender

Female

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **60**

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 in Medical Researches
Street address
 School of Nursing & Midwifery, Iran University of
 Medical Science, Rashid Yasami St. Valiasr ave.,
 Tehran, Iran
City
 Tehran
Postal code
 19964
Approval date
 2010-05-22, 1389/03/01
Ethics committee reference number
 17669189

Health conditions studied

1

Description of health condition studied
 Health status
ICD-10 code
ICD-10 code description

Primary outcomes

1

Description
 Health status of women
Timepoint
 Before intervention & 16 weeks after intervention
Method of measurement
 questionnaire of Nottingham

Secondary outcomes
 empty

Intervention groups

1

Description
 The study groups are trained in yoga by an expert
 instructor, 2 sessions a week (Each session=1.5 hours)
 for 16 weeks

Category
 Lifestyle

Recruitment centers

1

Recruitment center
Name of recruitment center
 Yoga classes in Gisha
Full name of responsible person
 Sima Nabevi
Street address
 No 26, 14th alley, Amirabad ave, Gisha
City
 Tehran

Sponsors / Funding sources

1

Sponsor
Name of organization / entity
 Vice Chancellor for Research and Technology, Iran
 University of Medical Sciences
Full name of responsible person
 Dr. Sayyed Abbas Motevallian
Street address
 Crossroad of Shahid Hemmat & Shahid Chamran
 Expressways, Tehran
City
 Tehran

Grant name
 معاونت تحقیقات و فناوری-دانشگاه علوم پزشکی و خدمات بهداشتی
 و درمانی ایران

Grant code / Reference number
 مم ت 485

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

Title of funding source
 Vice Chancellor for Research and Technology, Iran
 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

Contact

Name of organization / entity

Center for Nursing Care Research, School of Nursing and Midwifery, Iran University of Medical Sciences

Full name of responsible person

Soghra Nikpour

Position

Assistant professor

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

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Person responsible for updating data

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Web page address

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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