Clinical Trial Protocol
Iranian Registry of Clinical Trials

18 Sep 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 Scence, 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 تحقيقات و فناوری-دانشگاه علوم پزشكي وخدمات بهداشتي ودرماني ايران

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 Scienc

Full name of responsible person
Soghra Nikpour

Position
Assistant professor

Other areas of specialty/work

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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