

Clinical Trial Protocol

Iranian Registry of Clinical Trials

04 Jul 2026

The effect of Yoga on Mental Health in students staying in Islamic Azad University dormitory, Boroujerd Branch.

Protocol summary

Summary

This study aim to evaluate the effect of yoga exercises on mental health in student. This interventional study is performed on 60 persons who are volunteer; stay in university dormitories; without any mental disorder, without family history of mental disorder and no experience of grief in the past 6 months. The participants are selected and randomly assigned to tow groups. in intervention group yoga exercise for three days in a week will be performed and no intervention in control group will be done. Mental health assessment will be done before and after intervention and will be compared between two groups.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2013012012202N1**

Registration date: **2013-08-19, 1392/05/28**

Registration timing: **registered_while_recruiting**

Last update:

Update count: **0**

Registration date

2013-08-19, 1392/05/28

Registrant information

Name

Roya Torkashvand

Name of organization / entity

Islamic Azad Univercity Broujerd Branch

Country

Iran (Islamic Republic of)

Phone

+98 66 2350 7388

Email address

rtorkashvand@iaub.ac.ir

Recruitment status

Recruitment complete

Funding source

Research Department of Islamic Azad Univercity Broujerd Branch

Expected recruitment start date

2013-06-22, 1392/04/01

Expected recruitment end date

2013-10-23, 1392/08/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effect of Yoga on Mental Health in students staying in Islamic Azad University dormitory, Boroujerd Branch.

Public title

The effect of Yoga on Mental Health in students staying in Islamic Azad University dormitory

Purpose

Health service research

Inclusion/Exclusion criteria

inclusion criteria: student should be volunteer; staying in dormitory. Exclusion criteria: having any mental disorder in her family; grief in the last 6 months.

Age

To **149 years** old

Gender

Female

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **60**

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
Vice chancellor for Research Islamic Azad University,
Broujerd Branch
Street address
Broujerd Imam Khomeiny University Complex
City
Broujerd
Postal code
Approval date
2010-08-20, 1389/05/29
Ethics committee reference number
880631-49ب

Health conditions studied

1

Description of health condition studied
mental health
ICD-10 code
Z00.4
ICD-10 code description
General psychiatric examination, not elsewhere classified

Primary outcomes

1

Description
Mental health
Timepoint
before and after intervention
Method of measurement
Mental health questionnaire

Secondary outcomes

1

Description
creasing mental health

Timepoint
Before and after intervention
Method of measurement
Mental health questionnaire

2

Description
creasing mental health
Timepoint
Before and after intervention
Method of measurement
Mental health questionnaire

Intervention groups

1

Description
no intervention for control group
Category
N/A

2

Description
yoga exercises three day in a week for intervention
group
Category
Behavior

Recruitment centers

1

Recruitment center
Name of recruitment center
University Dormitory, School of Allied Medical Sciences
Full name of responsible person
Roya Torkashvand
Street address
Dormitory No6, Daneshgah Square, Broujerd
City
Broujerd

Sponsors / Funding sources

1

Sponsor
Name of organization / entity
Islamic Azad University
Full name of responsible person
Dr Jafar Mahdian
Street address
Imam Khomeiny University Complex, Broujerd
City
Broujerd
Grant name
Grant code / Reference number
**Is the source of funding the same sponsor
organization/entity?**

Yes

Title of funding source

Islamic Azad University

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

Islamic Azad University Broujerd Branch

Full name of responsible person

Roya Torkashvand

Position

Master of mental health nursing, Member of faculty

Other areas of specialty/work

Street address

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Person responsible for scientific inquiries

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Full name of responsible person

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Position

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Person responsible for updating data

Contact

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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