

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

05 Jul 2026

### The effect of yoga and exercise on quality of life in patients with multiple sclerosis

#### Protocol summary

##### Summary

The aim of this study was to investigate the effect of yoga and exercise on quality of life in patients with multiple sclerosis. This was a quasi-experimental study that patients were randomized into three Yoga, exercise and control groups. In this study, 61 patients (20 in the control group, 20 in yoga group, and 21 in exercise group) were participated. Inclusion criteria was tendency to participate in the study, speaking ability, membership in multiple sclerosis society and ability of movement and doing daily activity. Exclusion criteria was death or patients non-cooperation. The exercise and yoga sessions performed twice a week and each session was held for 30 minutes for 12 weeks. The data was gathered using SF36 quality of life Questionnaire at the base and the end of study.

#### General information

##### Acronym

##### IRCT registration information

IRCT registration number: **IRCT2013063013768N2**

Registration date: **2013-07-07, 1392/04/16**

Registration timing: **retrospective**

Last update:

Update count: **0**

##### Registration date

2013-07-07, 1392/04/16

##### Registrant information

###### Name

Ali Hassanpour Dehkordi

###### Name of organization / entity

Shahrekord Medical University of Sciences

###### Country

Iran (Islamic Republic of)

###### Phone

+98 38 1334 1699

###### Email address

ali@skums.ac.ir

###### Recruitment status

**Recruitment complete**

###### Funding source

Vice chancellor for research and technology, shahrekord university of Medical sciences

###### Expected recruitment start date

2008-10-22, 1387/08/01

###### Expected recruitment end date

2009-04-21, 1388/02/01

###### Actual recruitment start date

empty

###### Actual recruitment end date

empty

###### Trial completion date

empty

###### Scientific title

The effect of yoga and exercise on quality of life in patients with multiple sclerosis

###### Public title

The effect of yoga and exercise on quality of life in patients with multiple sclerosis

###### Purpose

Supportive

###### Inclusion/Exclusion criteria

Inclusion criteria was: 1. Tendency to participate in the study. 2- Speaking ability. 3- membership in multiple sclerosis society. 4- Ability of movement and doing daily activity. Exclusion criteria was: 1. Death. 2. patients non-cooperation.

###### Age

From **18 years** old to **149 years** old

###### Gender

Both

###### Phase

N/A

### Groups that have been masked

No information

### Sample size

Target sample size: 61

### 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

Ethics committee of Shahrekord Medical University of Sciences

##### Street address

Rahmatiee, Shahrekord Medical University of Sciences

##### City

Shahrekord

##### Postal code

#### Approval date

2008-05-30, 1387/03/10

#### Ethics committee reference number

2-1-87

## Health conditions studied

### 1

#### Description of health condition studied

Multiple sclerosis

#### ICD-10 code

G35

#### ICD-10 code description

Multiple sclerosis

## Primary outcomes

### 1

#### Description

Quality of life

#### Timepoint

At the beginning of the study and after the end of the study

#### Method of measurement

SF36 quality of life questionnaire

## Secondary outcomes

empty

## Intervention groups

### 1

#### Description

In exercise group, in addition to routine medication, aerobics sessions performed twice a week and each session was held for 30 minutes for 12 weeks.

#### Category

Rehabilitation

### 2

#### Description

In yoga group, in addition to routine medication, yoga sessions performed twice a week and each session was held for 30 minutes for 12 weeks.

#### Category

Rehabilitation

### 3

#### Description

The patients in control group, received the prescribed medication.

#### Category

N/A

## Recruitment centers

### 1

#### Recruitment center

##### Name of recruitment center

Multiple Sclerosis Society

##### Full name of responsible person

Ali Hassanpour Dehkordi

##### Street address

Rahmatiee, Shahrekord Medical University of Sciences

##### City

Shahrekord

## Sponsors / Funding sources

### 1

#### Sponsor

##### Name of organization / entity

Vice chancellor for research and technology, Shahrekord University of Medical Sciences

##### Full name of responsible person

Dr Mahmood Mobasheri

##### Street address

Aytollah Kashani Street

##### City

Shahrekord

#### Grant name

**Grant code / Reference number****Is the source of funding the same sponsor organization/entity?**

Yes

**Title of funding source**

Vice chancellor for research and technology, Shahrekord 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**

Shahrekord Medical University of Sciences

**Full name of responsible person**

Ali Hassanpour Dehkordi

**Position**

Assistant Professor

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

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ali@skums.ac.ir

**Web page address****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*