Clinical Trial Protocol
Iranian Registry of Clinical Trials

07 Nov 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
Rahmatiee, Shahrekord Medical University of Sciences
City
Shahrekord
Postal code
Phone
+98 38 1333 5652
Fax
Email
ali@skums.ac.ir
Web page address

Person responsible for scientific 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
Rahmatiee, Shahrekord medical University of Sciences
City
Shahrekord
Postal code
Phone
+98 38 1333 5652
Fax
Email
ali@skums.ac.ir
Web page address

Person responsible for updating data

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
Rahmatiee, Shahrekord medical University of Sciences
City
Shahrekord
Postal code
Phone
+98 38 1333 5652
Fax
Email
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