Clinical Trial Protocol
Iranian Registry of Clinical Trials

07 Nov 2026

Effects of yoga on the quality of life in breast cancer patients undergoing chemotherapy and radiotherapy

Protocol summary

Summary

The aim of this study was to investigate the effect of yoga on quality of life in breast cancer patients undergoing chemotherapy and radiotherapy. The four-group clinical trial was conducted in two stages, before and after the intervention. Population study was women with breast cancer referred to Syedalshohada "AS" hospital in Isfahan. In total, 80 female patients with breast cancer pathologic stage II and III were randomly sampled. Exclusion criteria included relapse, and disease duration was less than 2 weeks. Yoga intervention program was for 75 minutes a day in between, versus the control group was 8 weeks without getting any CAM. The instrument for data collecting included questionnaire demographic; quality of life questionnaire Organization for Research and Treatment of Cancer (Europe EORTC QLQ-C30); and a standard questionnaire specifically to assess quality of life in breast cancer (EORTC QLQ-BR23) which was conducted face to face interviews by a specialist oncology with patients, over three months.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2013071513998N1**
Registration date: **2013-08-07, 1392/05/16**
Registration timing: **retrospective**

Last update:
Update count: **0**

Registration date

2013-08-07, 1392/05/16

Registrant information

Name

Faridokht Yazdani

Name of organization / entity

Islamic Azad University, Najafabad branch

Country

Iran (Islamic Republic of)

Phone

+98 33 1229 1111

Email address

f-yazdani@pnu.iaun.ac.ir

Recruitment status

Recruitment complete

Funding source

Islamic Azad University, Najafabad branch

Expected recruitment start date

2012-05-21, 1391/03/01

Expected recruitment end date

2012-08-22, 1391/06/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Effects of yoga on the quality of life in breast cancer patients undergoing chemotherapy and radiotherapy

Public title

Roll of yoga to improve the quality of life in breast cancer patients receiving chemotherapy

Purpose

Supportive

Inclusion/Exclusion criteria

Inclusion criteria: 1 - having age between 25 to 65 years, 2 - a consciousness, 3 - ability to communicate and interact appropriately in completing the questionnaire, 4 - Pathological diagnosis of breast cancer, 5 - willingness of patients to participate in study, 6 - Stage I and II breast cancer pathology, 7 - no metastasis or lymphatic metastasis zone, 8 - or complete a simple mastectomy, breast conservation surgery

(lumpectomy,quadranetomy), 9 - two to six weeks after completion of chemotherapy and or radiation, 10 - Combination therapy: prescribing two or more chemotherapeutic agents for the treatment of cancer (and other performance enhancing drugs have a synergistic effect). 11 - External beam radiation (teletherapy): The patient has been exposed to radiation producing devices, 12 - not use other methods of complementary medicine at the time of the study, 13 - more than 2,500 white blood cells per cubic millimeter, 14 - Count platelets more than 50,000 per cubic millimeter, 15 - temperature less than 38.3 ° C or 101 ° F, 16 - no signs of infection and bleeding. Exclusion criteria for recurrence, disease duration less than 2 weeks, disorder comorbidity with other mental disorders, a history of cancer, previous surgery on the breast.

Age
From **25 years** old to **65 years** old

Gender
Female

Phase
N/A

Groups that have been masked
No information

Sample size
Target sample size: **80**

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
Isfahan University of Medical Sciences

Street address
Research Department, Isfahan University of Medical Sciences

City
Isfahan

Postal code

Approval date
2011-12-31, 1390/10/10

Ethics committee reference number
290211

Health conditions studied

1

Description of health condition studied
breast cancer

ICD-10 code
2013 ICD-1

ICD-10 code description
•A primary or metastatic malignant neoplasm involving the breast. The vast majority of cases are carcinomas arising from the breast parenchyma or the nipple. Malignant breast neoplasms occur more frequently in females than in males. -- 2003

Primary outcomes

1

Description
quality of life

Timepoint
8 weeks after intervention

Method of measurement
questionnaire Organization for Research and Treatment of Cancer Europe EORTC QLQ-C30)); and a standard questionnaire specifically to assess quality of life in breast cancer (EORTC QLQ-BR23);

Secondary outcomes

empty

Intervention groups

1

Description
Intervention group:Yoga sessions will run for 8 weeks 75 minute every couple of days. Technique was the yoga asana. The importance of education given stretching muscles, tendons and ligaments joint, muscle contraction on timely in whole body, reverse movements, torsion and bending modes, status of balance, breathing and relaxation techniques. Insufficient attention was being for every company that she was able to perform the exercises for health. To ensure of doing yoga by cancer patients undergoing chemotherapy and radiotherapy, gave them home exercise checklist and asked them to do exercise at least twice a day and mark on checklist. At the start of the next session, after receiving the checklist, the instructional content review and were answered to individual questions. 8 weeks after the intervention, the experimental group patients' quality of life was measured again.

Category
Lifestyle

2

Description
Control group: The control group patients were asked

during the investigation 8 weeks; do not use a variety of complementary and alternative therapies such as yoga. During this period, the researcher only to be followed them by a call from (once every two weeks). After 8 weeks, once again invited the control group, and were given questionnaires to complete it. After the last of gathering data, the educational pamphlet in yoga was given to control group, and clients to use yoga and other programs were referred to Omid Mehr Community depended to Center of Prognosis and Treatment of Breast Disease in Syedolshohada (AS) hospital.

Category
Lifestyle

Recruitment centers

1

Recruitment center

Name of recruitment center
Isfahan Syedolshohada (AS) Hospital

Full name of responsible person
Faridokht Yazdani

Street address
Isfahan University of Medical Science

City
Isfahan

Sponsors / Funding sources

1

Sponsor

Name of organization / entity
Islamic Azad University, Najafabad branch

Full name of responsible person
Research Assistant

Street address
Research Department, Najafabad branch

City
Najafabad

Grant name
طرح های پژوهشی

Grant code / Reference number

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

Title of funding source
Islamic Azad University, Najafabad branch

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, Najafabad Branch

Full name of responsible person
Faridokht Yazdani

Position
MSc - faculty

Other areas of specialty/work

Street address
Nursing and Midwifery School, Najafabad Branch, Islamic Azad University,Isfahan,Iran

City
Najafabad

Postal code
8514143131

Phone
+98 33 1229 1111

Fax
+98 33 1229 1112

Email
faridokht.yazdani@yahoo.com f-yazdani@pnu.iaun.ac.ir

Web page address

Person responsible for scientific inquiries

Contact

Name of organization / entity
Administer

Full name of responsible person
Faridokht Yazdani

Position
Faculty / MSc

Other areas of specialty/work

Street address
Nursing and Midwifery School, Najafabad Branch, Islamic Azad University, Isfahan, Iran

City
Najafabad

Postal code
8514143131

Phone
+98 33 1229 1111

Fax
+98 33 1229 1112

Email
faridokht.yazdani@yahoo.com

Web page address
f-yazdani@pnu.iaun.ac.ir

Person responsible for updating data

Contact

Name of organization / entity
Islamic Azad University, Najafabad branch

Full name of responsible person
Faridokht Yazdani

Position
MSc / faculty

Other areas of specialty/work

Street address

Nursing and Midwifery School, Najafabad Branch, Islamic Azad University, Isfahan, Iran

City

Najafabad

Postal code

8514143131

Phone

+98 33 1229 1111

Fax

+98 33 1229 1112

Email

faridokht.yazdani@yahoo.comf-yazdani@pnu.iaun.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