Clinical Trial Protocol
Iranian Registry of Clinical Trials

07 Nov 2026

The Effect Of a Regular Hatha Yoga Training Course On the Cortisol Level Of Blood Serum in Employed Women

Protocol summary

Summary
The Study attempts to assess the blood cortisol response to a regular Yoga training course in a group of employed women. The study included 20 healthy and employed women from Arak who were randomly divided into control and experimental groups. Study participants attended one -half hour exercise classes twice per week in a 12-week semester. Courses included Asana, Pranayama, Meditation and Relaxation techniques. Blood samples were taken by a technician in the clinical laboratory at 8:00 AM in the two pre-and post-test phases. Statistical analysis showed that a regular course of Hatha Yoga significantly decreased the Cortisol level of blood serum in employed women. Keywords: Yoga, Cortisol, Employed Women

General information

Acronym

IRCT registration information
IRCT registration number: **IRCT2014063018285N1**
Registration date: **2014-10-10, 1393/07/18**
Registration timing: **retrospective**

Last update:
Update count: **0**

Registration date
2014-10-10, 1393/07/18

Registrant information

Name
kimia kasravi
Name of organization / entity
univercity
Country
Iran (Islamic Republic of)
Phone
+98 912 808 9399
Email address
kimia_883@yahoo.com

Recruitment status
Recruitment complete

Funding source
Investigator

Expected recruitment start date
2013-03-19, 1391/12/29

Expected recruitment end date
2014-01-20, 1392/10/30

Actual recruitment start date
empty

Actual recruitment end date
empty

Trial completion date
empty

Scientific title
The Effect Of a Regular Hatha Yoga Training Course On the Cortisol Level Of Blood Serum in Employed Women

Public title
The Effect Of a Regular Hatha Yoga Training Course On the Cortisol Level Of Blood Serum in Employed Women

Purpose
Health service research

Inclusion/Exclusion criteria
(Inclusion criteria: Being female; Being employed; Being healthy; not being an athlete and having a stressful job Exclusion criteria: Having problems and lack of cooperation)

Age
From **20 years** old to **50 years** old

Gender
Female

Phase
N/A

Groups that have been masked
No information

Sample size
Target sample size: **20**
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
Boroujerd Azad University
Street address
Chogha Ave, Boroujerd
City
Boroujerd
Postal code
3813737454
Approval date
2013-03-15, 1391/12/25
Ethics committee reference number
11221402921013

Health conditions studied

1

Description of health condition studied
Change of Blood Cortisol level
ICD-10 code
ICD-10 code description

Primary outcomes

1

Description
Cortisol level
Timepoint
Morning fasting
Method of measurement
Blood test

Secondary outcomes

1

Description
Stressful Job
Timepoint
Before Training
Method of measurement
Questionnaire

Intervention groups

1

Description
In Intervention Group(10 Employed Women): Performed Hatha Yoga exercises, Study participants attended one - half hour exercise classes twice per week in a 12-week semester. Courses included Asana, Pranayama, Meditation and Relaxation techniques
Category
Other

2

Description
In Control Group(10 Employed Women): Did not perform Hatha Yoga exercises during the same period.
Category
Other

Recruitment centers

1

Recruitment center
Name of recruitment center
Yoga center
Full name of responsible person
Kimia Kasravi
Street address
Pol-e-Bargh Ave.,Arak ,Iran
City
Arak

Sponsors / Funding sources

1

Sponsor
Name of organization / entity
Kimia Kasravi
Full name of responsible person
Kimia Kasravi
Street address
454, Arastoo Ave., shahid Beheshti St., Arak, Iran
City
Arak
Grant name
Grant code / Reference number
Is the source of funding the same sponsor organization/entity?
Yes
Title of funding source
Kimia Kasravi
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

Kimia Kasravi

Full name of responsible person

Kimia Kasravi

Position

MS

Other areas of specialty/work

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Person responsible for scientific inquiries

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Position

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Person responsible for updating data

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Full name of responsible person

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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