

Clinical Trial Protocol

Iranian Registry of Clinical Trials

18 Sep 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

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

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

university

Country

Iran (Islamic Republic of)

Phone

+98 912 808 9399

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**Street address**

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Person responsible for updating data

Contact

Name of organization / entity

Kimia Kasravi

Full name of responsible person

Kimia Kasravi

Position

MS

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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

Person responsible for scientific inquiries

Contact

Name of organization / entity

Kimia Kasravi

Full name of responsible person

Kimia Kasravi

Position

MS

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