

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

17 Jun 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

university

##### 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****Street address**

454, Arastoo Ave., shahid Beheshti St., Arak, Iran

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## Person responsible for updating data

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Kimia Kasravi

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## Person responsible for scientific inquiries

### Contact

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**Position**

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**City**

## 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*