

Clinical Trial Protocol

Iranian Registry of Clinical Trials

07 Jun 2026

Effect of yoga on women with generalized anxiety disorder

Protocol summary

Summary

In this study, 40 women referred to Psychiatric clinics of Tabriz University of Medical Sciences and were interviewed and asked to complete SADS and Spielberger questionnaires. They were diagnosed with generalized anxiety disorder and after considering the inclusion and exclusion criteria enrolled in this study after filling the written informed consent form. Then, the patients were randomly assigned into control or intervention group. Participants received the usual prescribed drug by their physician. The two groups were matched regarding age, severity of anxiety, and drug dosage. The intervention group was given yoga instruction (Hata yoga method) by a trained yoga instructor twice a week for 10 sixty minutes sessions for 6 weeks. The control group was recommended to watch the favorite movie on TV on the similar occasion to the intervention group. Finally, Spielberger questionnaires were filled and the results were compared between groups.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT138804242181N1**

Registration date: **2009-06-06, 1388/03/16**

Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2009-06-06, 1388/03/16

Registrant information

Name

Fatemeh Ranjbar Kouchaksaraei

Name of organization / entity

Tabriz University of Medical Sciences

Country

Iran (Islamic Republic of)

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Recruitment status

Recruitment complete

Funding source

Research Vice Chancellory of Tabriz University of Medical Sciences

Expected recruitment start date

2009-06-06, 1388/03/16

Expected recruitment end date

2010-05-27, 1389/03/06

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Effect of yoga on women with generalized anxiety disorder

Public title

Effect of yoga on women with anxiety disorder

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria: women over the age 18, taking usual drugs for generalized anxiety disorder, outpatient setting, cooperation for yoga, signing the written informed consent Exclusion criteria: comorbidity with physical illness, substance dependence or taking special drug, low intelligence, patients with cognitive disorder, personality disorder, mixed anxiety and depression disorder with prominent anxiety disorder, Psychosis

Age

From **18 years** old to **60 years** old

Gender

Female

Phase

2

Groups that have been masked

No information

Sample size

Target sample size: 40

Randomization (investigator's opinion)

Randomized

Randomization description

Blinding (investigator's opinion)

Single blinded

Blinding description

Placebo

Used

Assignment

Parallel

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Research Vice Chancellory of Tabriz University of Medical Sciences

Street address

Floor 2, number 2 central building, Tabriz University of Medical Sciences, Golgasht St., Tabriz

City

Tabriz

Postal code

Approval date

2008-12-24, 1387/10/04

Ethics committee reference number

8370/4/5

Health conditions studied

1

Description of health condition studied

Generalized Anxiety Disorder

ICD-10 code

F41.1

ICD-10 code description

anxiety disorder

Primary outcomes

1

Description

Severity of anxiety

Timepoint

6 weeks

Method of measurement

Complete the Questionnaire

Secondary outcomes

empty

Intervention groups

1

Description

Intervention: hata yoga preliminary period twice a week for 10 sixty minute sessions (6 weeks)

Category

Treatment - Drugs

2

Description

Control: watch the favorite movie on tv on the similar occasion

Category

Treatment - Drugs

Recruitment centers

1

Recruitment center

Name of recruitment center

Psychiatric clinic of Tabriz University of Medical Sciences

Full name of responsible person

Psychiatrist

Street address

Bozorgmehr Clinic, Southern Artesh Street, Tabriz

City

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Tabriz University of Medical Sciences

Full name of responsible person

Research Vice Chancellor

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Grant name

Grant code / Reference number

2008/12/23

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

Yes

Title of funding source

Tabriz 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**

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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*