Clinical Trial Protocol
Iranian Registry of Clinical Trials

19 Sep 2026

Evaluation of yoga effects on anxiety in women with obsessive compulsive disorder

Protocol summary

Summary

In this study, 40 women referred to Psychiatric clinics of Tabriz University of Medical Sciences with psychiatrist with Obsessive compulsive disorder, diagnosed by interviewing and completing SADS, Yale-Brown and Beck anxiety questionnaires, were enrolled in this study after signing the written informed consent from. Then, the patients were randomly assigned into control or intervention group. Participants received the usual prescribed drugs by their physician. The intervention group received yoga instruction (Hata yoga method) by a trained yoga instructor twice a week for 10 sixty-minute sessions for 6 weeks. The control group was recommended to watch the favorite movies on TV at the same time. Finally, Yale-Brown and Beck anxiety questionnaires were filled and the results were compared between groups.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT138901192181N2**
Registration date: **2010-11-06, 1389/08/15**
Registration timing: **retrospective**

Last update:
Update count: **0**

Registration date

2010-11-06, 1389/08/15

Registrant information

Name
Fatemeh Ranjbar Kouchaksaraei
Name of organization / entity
Tabriz University of Medical Sciences
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Iran (Islamic Republic of)
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Recruitment status

Recruitment complete

Funding source

Vice chancellor for research, Tabriz University of Medical Sciences

Expected recruitment start date

2009-06-21, 1388/03/31

Expected recruitment end date

2010-06-21, 1389/03/31

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Evaluation of yoga effects on anxiety in women with obsessive compulsive disorder

Public title

Effect of yoga on women with obsessive compulsive disorder

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria: Outpatient women over 18 years received typical treatment for obsessive compulsive disorder, willing to do yoga, signing informed consent
Exclusion Criteria: any other medical diseases, substance or drug dependence, low intelligence, cognitive problems, personality disorder, prominent anxiety or depression with obsessive compulsive disorder and 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
Vice chancellor for research, Tabriz University of Medical Sciences
Street address
Floor 3, number 2 central building,Tabriz University of Medical Sciences, Golgasht St., Tabriz
City
Tabriz
Postal code
Approval date
2009-07-05, 1388/04/14
Ethics committee reference number
5/4/1408

Health conditions studied

1

Description of health condition studied
Obsessive compulsive disorder
ICD-10 code
F42.2
ICD-10 code description
neurotic stress-related and somatoform disorder

Primary outcomes

1

Description
The severity of obsessive compulsive disorder
Timepoint
before and after the intervention
Method of measurement
the yale-brown rating scale

Secondary outcomes

1

Description
The severity of Anxiety
Timepoint
before and after the intervention
Method of measurement
the Beck anxiety rating scale

Intervention groups

1

Description
Intervention group: Preliminary Yoga instructions, Hata Yoga (standard method), twice weekly, for 10 sessions of 60 minutes, for 6 weeks by trained instructor
Category
Other

2

Description
Control group: Recommended to watch their favorite movies on TV at the same time as the intervention group
Category
Placebo

Recruitment centers

1

Recruitment center
Name of recruitment center
Psychiatry clinics of Tabriz University of Medical Sciences
Full name of responsible person
Dr Fatemeh Ranjbar Kouchaksaraie
Street address
Special clinics of Tabriz University of Medical Siences, Bozorgmehr psychiatric clinic
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Tabriz

Sponsors / Funding sources

1

Sponsor
Name of organization / entity
Tabriz University of Medical Sciences
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Tabriz

Grant name

Grant code / Reference number

9/2/88

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

Tabriz University of Medical Sciences

Full name of responsible person

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Position

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Other areas of specialty/work

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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