

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

07 Jun 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

###### Country

Iran (Islamic Republic of)

##### Phone

+98 41 1337 6923

##### Email address

ranjbarf@tbzmed.ac.ir

##### 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 Sciences, Bozorgmehr psychiatric clinic

**City**

Tabriz

**Sponsors / Funding sources****1****Sponsor****Name of organization / entity**

Tabriz University of Medical Sciences

**Full name of responsible person**

Dr Fatemeh Ranjbar Kouchaksaraie

**Street address**

Floor 3, number 2 central building, Tabriz University

of Medical Sciences, Golgasht St., Tabriz

**City**

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**

Dr Fatemeh Ranjbar Kouchaksaraie

**Position**

Psychiatrist, Associate professor

**Other areas of specialty/work**

**Street address**

Razi hospital, Elgoli road

**City**

Tabriz

**Postal code**

**Phone**

+98 41 1380 4486

**Fax**

**Email**

ranjbarf@tbzmed.ac.ir

**Web page address**

**Person responsible for scientific inquiries**

**Contact**

**Name of organization / entity**

Tabriz University of Medical Sciences

**Full name of responsible person**

Dr Fatemeh Ranjbar Kouchaksaraie

**Position**

Psychiatrist-Associate professor

**Other areas of specialty/work**

**Street address**

Razi hospital-El goli road

**City**

Tabriz

**Postal code**

**Phone**

+98 41 1380 4486

**Fax**

**Email**

ranjbarf@tbzmed.ac.ir

**Web page address**

**Person responsible for updating data**

**Contact**

**Name of organization / entity**

Tabriz University of Medical Sciences

**Full name of responsible person**

Dr Mehdi Broomand

**Position**

Resident

**Other areas of specialty/work**

**Street address**

Razi hospital, Elgoli road

**City**

Tabriz

**Postal code**

**Phone**

+98 41 1381 6993

**Fax**

**Email**

Drbroomand@yahoo.com

**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*