

Clinical Trial Protocol

Iranian Registry of Clinical Trials

05 Jun 2026

The Effect of a prenatal yoga programme in the second and third trimester of pregnancy on the Anxiety and pregnancy outcomes at primiparouse women

Protocol summary

Summary

A randomized controlled trial, double blind design will be carried to conduct the study. The population included 60 pregnant women. Subjects will be referred to Akbar Abadi's hospital and selected with Random allocation method. The data collection instrument will be demographic questionnaire, VAS (Visual Analogue Scale) and Beck Inventory scale. Women will be randomized into either a control or experimental group. Subjects in the experimental group will be started yoga programme at the 26 week of gestation. The women will be received a booklet and tape cassette (CD), that will explains the principles and benefits of each yoga practice. All will be asked to practice at home three times a week by the end of 37 weeks. Maternal anxiety will be evaluated in 26th and the end of 37th week of gestation. Maternal satisfaction of yoga programme will evaluated by self-made questionnaire in the end of 37 week of gestation. The first measurement of pain intensity in labour will taken when cervical dilatation will be 3-4 cm. the second and the third measurement will be evaluated when 2 hours after the first assessment and 2 hours after the second assessment cervical dilatation, respectively. Length of labor will be recorded by using the standard clock. Apgar scores and newborn's weight will be recorded in demographic questionnaire. Subjects in the control group will be received routine nursing care from hospital staff nursing, yoga practice will be not provided to the control group. All the variables will be assessed in the control group

General information

Acronym

yoga and pregnancy

IRCT registration information

IRCT registration number: **IRCT201110052248N7**

Registration date: **2013-01-25, 1391/11/06**

Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2013-01-25, 1391/11/06

Registrant information

Name

Fereshteh Jahdi

Name of organization / entity

Tehran University of Medical Sciences

Country

Iran (Islamic Republic of)

Phone

00982188773073,00982182471404

Email address

f.jahdi@iums.ac.ir

Recruitment status

Recruitment complete

Funding source

Research Deputy of Tehran University of Medical Sciences

Expected recruitment start date

2012-01-21, 1390/11/01

Expected recruitment end date

2012-06-21, 1391/04/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The Effect of a prenatal yoga programme in the second

and third trimester of pregnancy on the Anxiety and pregnancy outcomes at primiparouse women

Public title

The Effect of a prenatal yoga programme in the second and third trimester of pregnancy on the Anxiety and pregnancy outcomes at primiparouse women

Purpose

Prevention

Inclusion/Exclusion criteria

Not having recognized physically diseases such as heart disease, respiratory, kidney and maternal mental illness - There are not complications pregnancy such as placenta previa,Placental abruption, increased or decreased blood pressure,Increased and decreased abnormal volume of amniotic fluid , Display abnormal fetuses confirmed by sonography-Elimination of obese women and skinny BMI according to (less than19/8 and more than 26) - non-elective cesarean section - Not having of experience of doing yoga- there are no obvious abnormalities or fetal growth retardation in the fetus confirmed by ultrasound

Age

No age limit

Gender

Female

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: 60

Randomization (investigator's opinion)

Randomized

Randomization description

Blinding (investigator's opinion)

Double blinded

Blinding description

Placebo

Not used

Assignment

Parallel

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Tehran University of Medical Sciences

Street address

Tehran - Keshavarz Blvd - Central Headquarters Building - Tehran University of Medical Sciences

City

tehran

Postal code

Approval date

2011-04-17, 1390/01/28

Ethics committee reference number

12962

Health conditions studied

1

Description of health condition studied

Pregnancy

ICD-10 code

O00-O99

ICD-10 code description

pregnancy, childbirth and the puerperium

Primary outcomes

1

Description

Level of anxiety

Timepoint

Week 26, end of 37 weeks

Method of measurement

Beck Anxiety Questionnaire

2

Description

Pain intensity

Timepoint

Labor time

Method of measurement

Visual pain ruler

Secondary outcomes

1

Description

newborn's weight

Timepoint

Time of Birth

Method of measurement

Gram

2

Description

Delivery type

Timepoint

Delivery time

Method of measurement

Natural - Cesarean section - Delivery of Tools

3

Description

The first and fifth minute Apgar score

Timepoint

After delivery

Method of measurement

Number

Intervention groups

1

Description

Subjects in the control group will be received routine nursing care from hospital staff nursing, yoga practice will be not provided to the control group. All the variables will be assessed in the control group.

Category

Other

2

Description

Subjects in the experimental group will be started yoga programme at the 26 week of gestation. The women will be received a booklet (pamphlets) and tape cassette (CD), for self study, that will explains the principles and benefits of each yoga practice. All will be asked to practice at home three times a week by the end of 37 weeks. Maternal anxiety will be evaluated in 26th and the end of 37th week of gestation. Maternal satisfaction of yoga programme will evaluated by self-made questionnaire in the end of 37 week of gestation. The first measurement of pain intensity in labour will taken when cervical dilatation will be 3-4 cm. the second and the third measurement will be evaluated when 2 hours after the first assessment and 2 hours after the second assessment cervical dilatation, respectively. Length of labor will be recorded by using the standard clock. Apgar scores and newborn's weight will be recorded in demographic questionnaire.

Category

Other

Recruitment centers

1

Recruitment center

Name of recruitment center

General Womens hospital

Full name of responsible person

freshteh jahdi

Street address

Tehran- ST hafte tiri - Avenue vila

City

tehran

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Research Deputy of Tehran University of Medical Sciences

Full name of responsible person

Dr. Fotuhi

Street address

Keshavarz Blvd - Qods Ave - University of Central

Organization - six Category

City

tehran

Grant name

Grant code / Reference number

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

Yes

Title of funding source

Research Deputy of Tehran 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

Nursing And Midwifery Faculty - University of Medical Sciences Tehran

Full name of responsible person

freshteh jahdi

Position

The Faculty - Head of Group

Other areas of specialty/work

Street address

Tehran - Tohid Square - Nusrat East -Nursing And Midwifery Faculty - University of Medical Sciences Tehran

City

tehran

Postal code

Phone

+216 6921185

Fax

+98 66904252

Email

jahdi_fr@yahoo.com

Web page address

Person responsible for scientific inquiries

Contact

Name of organization / entity

Nursing And Midwifery Faculty - University of Medical Sciences Tehran

Full name of responsible person

freshteh jahdi

Position

MSc in Midwifery

Other areas of specialty/work

Street address

Tehran - Tohid Square - Nusrat East - Nursing And
Midwifery Faculty - University of Medical Sciences
Tehran

City

tehran

Postal code

Phone

+216 6937120

Fax

+98 66904252

Email

jahdi_fr@yahoo.com

Web page address

Person responsible for updating data

Contact

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