Clinical Trial Protocol
Iranian Registry of Clinical Trials

17 Sep 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

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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
fereshteh 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
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Person responsible for scientific inquiries

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Name of organization / entity
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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