

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

01 Jun 2026

### effect of yoga exercises on anxiety and sleep quality of patients with chronic heart failure.

#### Protocol summary

##### Summary

effect of yoga exercises on anxiety and sleep quality of patients with chronic heart failure . This clinical trial study and is a multi-center, was not blinding. that sampling randomization 60 Patient to two experimental (30 persons) and control (30 persons) groups were divided.For 2 months, twice a week for an hour to the participants according Inclusion Criteria: People between ages 40-60 years old; People with EF 20 to 40%; Heart patients in class 2 & 3. Exclusion criteria: Sever cardiac disease; Heart attack history in last three months; Existence of disability for exercise performance; Non stability in medical treatments. Studied interventions, The effect of yoga on anxiety and sleep quality Patients with chronic heart failure.Time study, two months and consequences of this study included, improved anxiety and sleep quality in patients with chronic heart failure.

#### General information

##### Acronym

##### IRCT registration information

IRCT registration number: **IRCT2016011225981N1**

Registration date: **2016-03-09, 1394/12/19**

Registration timing: **retrospective**

Last update:

Update count: **0**

##### Registration date

2016-03-09, 1394/12/19

##### Registrant information

##### Name

Saeideh Hasani sadi

##### Name of organization / entity

SHahid sadoughi University of Medical Sciences

International Campus

##### Country

Iran (Islamic Republic of)

##### Phone

+98 34 3245 8442

##### Email address

saeideh.hasanii2@ssu.ac.ir

##### Recruitment status

##### Recruitment complete

##### Funding source

SHahid sadoughi University of Medical Sciences  
International Campus

##### Expected recruitment start date

2015-10-02, 1394/07/10

##### Expected recruitment end date

2015-10-17, 1394/07/25

##### Actual recruitment start date

empty

##### Actual recruitment end date

empty

##### Trial completion date

empty

##### Scientific title

effect of yoga exercises on anxiety and sleep quality of patients with chronic heart failure.

##### Public title

The effect of yoga on chronic heart failure

##### Purpose

Treatment

##### Inclusion/Exclusion criteria

Inclusion Criteria: People between ages 40-60 years old; People with disorder in systole operation; People with EF 20 to 40%; Patients who are stable in medical treatments; Educability and the ability of performing yoga and lack of disability for exercise performance; Heart patients in class 2 & 3 Exclusion criteria: Sever cardiac disease; Considerable arrhythmia; Heart attack history in last three months; Existence of disability for exercise performance; Existence of muscular skeletal diseases; Mental disease history; Non stability in medical

treatments

**Age**  
From **54 years** old to **34 years** old

**Gender**  
Both

**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)**  
Not blinded

**Blinding description**

**Placebo**  
Not used

**Assignment**  
Parallel

**Other design features**

## Secondary Ids

1

**Registry name**  
-

**Secondary trial Id**  
-

**Registration date**  
empty

## Ethics committees

1

**Ethics committee**

**Name of ethics committee**  
Ethics committee of SHahid sadoughi University of Medical Sciences Yazd

**Street address**  
5 km road Bafgh- SHahid sadoughi University of Medical Sciences Yazd

**City**  
Yazd

**Postal code**  
8944158318

**Approval date**  
2015-08-02, 1394/05/11

**Ethics committee reference number**  
IR.SSU.MEDICINE.REC.1394.203

## Health conditions studied

1

**Description of health condition studied**  
chronic heart failure

**ICD-10 code**

150.0

**ICD-10 code description**  
Congestive heart failure

## Primary outcomes

1

**Description**  
anxiety and sleep quality

**Timepoint**  
Before the intervention, 2 months after the intervention

**Method of measurement**  
Pittsburg sleep quality questionnaire and Beck anxiety questionnaire

## Secondary outcomes

1

**Description**  
-

**Timepoint**  
-

**Method of measurement**  
-

## Intervention groups

1

**Description**  
intervention group 1: yoga for 2 months, 2 times a week for 1 hour

**Category**  
Rehabilitation

2

**Description**  
control group: without action is performed.

**Category**  
Rehabilitation

## Recruitment centers

1

**Recruitment center**

**Name of recruitment center**  
CCU patients discharged from hospitals in Kerman Afzalipour Hospital

**Full name of responsible person**  
narjes baniasady

**Street address**  
Kerman, Imam Khomeini Highway, next Shahid Bahonar University/ Afzalipour Hospital

**City**  
Kerman

## Sponsors / Funding sources

1

### Sponsor

**Name of organization / entity**

Vice chancellor for research SHahid sadoughi  
University of Medical Sciences

**Full name of responsible person**

Dr. GHasemi

**Street address**

Yazd/ 5 km road Bafgh- SHahid sadoughi University of  
Medical Sciences International Campus

**City**

Yazd

**Grant name**

-

**Grant code / Reference number**

-

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

Yes

**Title of funding source**

Vice chancellor for research SHahid sadoughi 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**

Kerman Afzalipour Hospital

**Full name of responsible person**

Hasani sadi Saeideh

**Position**

Bachelor of Nursing/ nurse

**Other areas of specialty/work****Street address**

Kerman, Imam Khomeini Highway, next Shahid  
Bahonar University/ Afzalipour Hospital

**City**

Kerman

**Postal code**

7616913911

**Phone**

+98 34 3325 7651

**Fax**

-

**Email**

saeideh.hasanii@gmail.com

**Web page address**

-

## Person responsible for scientific inquiries

**Contact****Name of organization / entity**

Yazd University of Medical Sciences

**Full name of responsible person**

Vaezi Ali Akbar

**Position**

Nursing Ph.D.

**Other areas of specialty/work****Street address**

Yazd- Street timsar Fallahi, street Boali-Faculty  
Nursing SHahid Sadoughi Yazd

**City**

Yazd

**Postal code**

8916877443

**Phone**

+98 358241751

**Fax**

-

**Email**

Vaeziali@ssu.ac.ir

**Web page address**

-

## Person responsible for updating data

**Contact****Name of organization / entity**

Afzalipour Hospital

**Full name of responsible person**

Hasani sadi Saeideh

**Position**

Bachelor of Nursing

**Other areas of specialty/work****Street address**

Kerman, Imam Khomeini Highway, next Shahid  
Bahonar University/ Afzalipour Hospital

**City**

Kerman

**Postal code**

7616913911

**Phone**

+98 34 3325 7651

**Fax**

-

**Email**

-

**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*