

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

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7616913911

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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