

Clinical Trial Protocol

Iranian Registry of Clinical Trials

18 Sep 2026

The Effect OF Yoga on Quality Life, In Vitro Fertilisation Outcomes and Signs of Women With Poly Cystic Ovary Syndrom Undergoing Infertility Treatment.

Protocol summary

Summary

(1) Objectives: The aim of this study is to determine the effect of yoga on Quality Life, In vitro fertilisation Outcomes and Signs of Women With Poly Cystic Ovary Syndrom Undergoing Infertility Treatment.(2) Design: Participations are divided into 2 groups(yoga-control).(3) Setting and Conduct: In this quasi- experimental research, 62 patients of Poly Cystic Ovary Syndrom Undergoing Infertility Treatment.(4)Inclusion Criteria: Have primitive infertility, Candidate initial period in vitro fertilization treatment, Body mass index: 20-35, Do not have any type of hormone therapy 3 months before arrival to study, Complete the testimonial form before arrival to study, Do not have problem in doing physical exercises.Exclusion Criteria: Create any type of body and mental stress during the study..(5) Intervention : They will practice(yoga) for 6 weeks,7 days,90 minutes in any session.(6) Main outcome: Quality Life, In vitro fertilisation Outcomes and Signs is the main variable in this article.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2016012326158N1**

Registration date: **2016-03-14, 1394/12/24**

Registration timing: **prospective**

Last update:

Update count: **0**

Registration date

2016-03-14, 1394/12/24

Registrant information

Name

Maryam Mohseni

Name of organization / entity

Iran University of Medical Sciences, School of nursing and midwifery

Country

Iran (Islamic Republic of)

Phone

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Email address

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Recruitment status

Recruitment complete

Funding source

Vice chancellor for research, Iran University of Medical Sciences

Expected recruitment start date

2016-03-20, 1395/01/01

Expected recruitment end date

2016-05-20, 1395/02/31

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The Effect OF Yoga on Quality Life, In Vitro Fertilisation Outcomes and Signs of Women With Poly Cystic Ovary Syndrom Undergoing Infertility Treatment.

Public title

The Effect OF Yoga on Quality Life, In Vitro Fertilisation Outcomes and Signs of Women With Poly Cystic Ovary Syndrom Undergoing Infertility Treatment.

Purpose

Supportive

Inclusion/Exclusion criteria

Inclusion Criteria: Have primitive infertility, Candidate

initial period in vitro fertilization treatment, Body mass index: 20-35, Do not have any type of hormone therapy 3 months before arrival to study, Complete the testimonial form before arrival to study, Do not have problem in doing physical exercises.Exclusion Criteria: Create any type of body and mental stress during the study.

Age

From **18 years** old to **49 years** old

Gender

Female

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **62**

Randomization (investigator's opinion)

Randomized

Randomization description

Blinding (investigator's opinion)

Not blinded

Blinding description

Placebo

Not used

Assignment

Parallel

Other design features

Participations are divided into 2 groups(yoga-control)

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Ethics committee of Iran University of Medical Sciences

Street address

School of nursing and midwifery,Yasemi Rashid street, Valiasr street. Tehran.

City

Tehran

Postal code

Approval date

2016-01-23, 1394/11/03

Ethics committee reference number

IR.IUMS.REC.1394.9311373025

Health conditions studied

1

Description of health condition studied

Infertility

ICD-10 code

N97

ICD-10 code description

Female infertility

Primary outcomes

1

Description

Quality of life Rate

Timepoint

Patients are tested twice for quality of life rate.(one day before the first day of training – one day after the final day training course).

Method of measurement

Modified polycystic ovary syndrome questionnaire

Secondary outcomes

1

Description

In vitro fertilisation Outcomes

Timepoint

after the final day training course

Method of measurement

number of fetus

Intervention groups

1

Description

Intervention group: Yoga exercise must be done for 6 weeks (7 times a week- 90 minutes).pations will practice yoga exercise in same time and same place.

Category

Treatment - Other

2

Description

Control group :Without intervention

Category

Other

Recruitment centers

1

Recruitment center

Name of recruitment center

Sarem Hospital

Full name of responsible person

Maryam Mohseni

Street address

Tehran , Ekbatan

City

Tehran

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Vice chancellor for research, Iran University of Medical Sciences

Full name of responsible person

morteza naserbakht

Street address

Iran University of Medical Sciences, Next to Milad tower, Hemmat highway, Tehran.

City

Tehran

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, Iran 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**

Iran University of Medical Sciences, School of nursing and midwifery

Full name of responsible person

Maryam Mohseni

Position

MSc student of Midwifery

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

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Person responsible for scientific inquiries

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Leila Amini

Position

assisstant of professor

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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