

Clinical Trial Protocol

Iranian Registry of Clinical Trials

01 Sep 2026

Effects of a TTM-based yoga program with Spiritual education on happiness of Shiraz elders

Protocol summary

Summary

1) Study goal: to determine the effects of a spiritual education as well as a yoga training program based on the Trans theoretical model, on the happiness level of elderly living in nursing homes. 2) Design: this controlled field trial will be performed on 111 elders of Shiraz nursing homes in the form of three groups; participants in experimental group will be trained for both yoga and spiritual skills. Seniors in the active control group will be trained for aerobic activities, and seniors in the control group will carry out normal activities in a nursing home. The three centers under study will be randomly selected among all urban centers and then will randomly allocate to the groups. 3) Inclusion criteria: voluntary consent to participate in the study; belief in one of the divine religions; and having the physical and mental health. Exclusion criteria: lack of regular participation in the training sessions. 4) Interventions include yoga training based on four main constructs of trans theoretical model of change which include stage of change, process of change, decisional balance and self efficacy. Also spirituality training will be done in the form of three short modules with the aim of explaining the relationship between man and the creator. 5) Outcomes and tools: happiness as the main outcome of the study will be measured using the oxford happiness scale; to measure spirituality, spiritual health scale will be used and the specific questionnaires will be used to measure the model's constructs.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2016110128378N3**

Registration date: **2016-12-03, 1395/09/13**

Registration timing: **registered_while_recruiting**

Last update:

Update count: **0**

Registration date

2016-12-03, 1395/09/13

Registrant information

Name

Kambiz Karimzadeh Shirazi

Name of organization / entity

Social determinants of health research center, school of health, Yasuj University of Medical Science

Country

Iran (Islamic Republic of)

Phone

+98 74133220881

Email address

shirazi.kambiz@yums.ac.ir

Recruitment status

Recruitment complete

Funding source

Yasuj University of Medical Sciences

Expected recruitment start date

2016-10-30, 1395/08/09

Expected recruitment end date

2016-12-29, 1395/10/09

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Effects of a TTM-based yoga program with Spiritual education on happiness of Shiraz elders

Public title

Effects of spirituality and yoga on happiness of elderly

Purpose

Prevention

Inclusion/Exclusion criteria

Inclusion criteria: voluntary consent to participate in the study; belief in one of the divine religions; having the physical and mental health. Exclusion criterion: lack of regular participation in the training sessions.

Age

From **60 years** old

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **111**

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

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Ethics committee of Yasuj University of Medical Sciences

Street address

Staff building, school of health, Dastjerdi avenue, Ostandari Square

City

Yasuj

Postal code

Approval date

2016-10-29, 1395/08/08

Ethics committee reference number

IR.YUMS.Rec.1395.154

Health conditions studied

1

Description of health condition studied

Sadness

ICD-10 code

Z55.9

ICD-10 code description

Problem related to education and literacy, unspecified

Primary outcomes

1

Description

Happiness

Timepoint

Before and 2 weeks after the intervention

Method of measurement

Questionnaire

Secondary outcomes

1

Description

Spirituality

Timepoint

Before and 2 weeks after the intervention

Method of measurement

Questionnaire

Intervention groups

1

Description

Experimental group: training for both spiritual skills that will be done in the form of three short modules with the aim of explaining the relationship between man and the creator; and yoga training that will be performed based on the four main constructs of transtheoretical model which include stages of change, process of change, decisional balance and self-efficacy

Category

Lifestyle

2

Description

Active control group: training for aerobic activities

Category

Lifestyle

3

Description

Control group: normal routine activities in nursing homes

Category

Lifestyle

Recruitment centers

1

Recruitment center

Name of recruitment center

Jahandidegan nursing home

Full name of responsible person

Roya Razavi

Street address

Kholdebarin park

City
Shiraz

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Yasuj University of Medical Sciences

Full name of responsible person

Dr. Ali moosavizadeh

Street address

Shahid Motahari Av; Main building of deputy of research; Yasuj University of Medical Sciences

City

Yasuj

Grant name

Grant code / Reference number

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

Yes

Title of funding source

Yasuj 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

Yasuj University of Medical Sciences, School of Health

Full name of responsible person

Kambiz Karimzadeh Shirazi

Position

Faculty member, PhD

Other areas of specialty/work

Street address

Staff building, school of health, Dastjerdi avenue, Ostandari Square. postal code 7591875114

City

Yasuj

Postal code

Phone

+98 74 2233 0881

Fax

Email

shirazi.kambiz@yums.ac.ir;
karimzadehshirazi@yahoo.com

Web page address

Person responsible for scientific inquiries

Contact

Name of organization / entity

Yasuj University of Medical Sciences, School of Health

Full name of responsible person

Kambiz Karimzadeh Shirazi

Position

Faculty member, PhD

Other areas of specialty/work

Street address

Staff building, school of health, Dastjerdi avenue, Ostandari square

City

Yasuj

Postal code

7591875114

Phone

+98 74133220881

Fax

Email

shirazi.kambiz@yums.ac.ir;
karimzadehshirazi@yahoo.com

Web page address

Person responsible for updating data

Contact

Name of organization / entity

Yasuj University of Medical Sciences

Full name of responsible person

Kambiz Karimzadeh Shirazi

Position

Faculty member, PhD

Other areas of specialty/work

Street address

Staff building, school of health, Dastjerdi avenue, Ostandari square

City

Yasuj

Postal code

7591875114

Phone

+98 74133220881

Fax

Email

shirazi.kambiz@yums.ac.ir;
karimzadehshirazi@yahoo.com

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