

Clinical Trial Protocol

Iranian Registry of Clinical Trials

15 Jun 2026

The Effects of selected Hatha Yoga Exercises (Asana and Pranayama) in older women's Sleep Quality and Body Mass Index

Protocol summary

Study aim

Sleep as an important biological phenomenon that occurs in humans on a regular and repetitive basis is accompanied by physical and mental recovery, dormancy, and enhanced stimulation threshold compared to the sobriety conditions. Physical activities and exercise are among the techniques applied to delay or cure the aging-induced problems. These practices have well-established effects on quality of life in humans, particularly in the elderly. Although elderly period changes limit performing some activities, there are several exercises that can be effective in this age group. Yoga is among the activities that can be done by peoples at any age. The present research was conducted to investigate the effect of Hatha yoga on quality of sleep and body mass index (BMI) in the elderly women.

Design

This work is a clinical trial with a research population consisting of 64 retired elderly women from Rafsanjan University of Medical Sciences who voluntarily participated in the study. The samples are randomly assigned to two control and intervention groups.

Settings and conduct

The intervention group was subjected to Hatha yoga exercises for 8 weeks with three 1-hour sessions in each week. Next, BMI values are measured in for all participants in both intervention and control groups. Moreover, sleep quality was measured in control and intervention groups (before and after the intervention) using the Pittsburgh Sleep Quality Index (PSQI). Finally, the results are analyzed using descriptive statistics in SPSS18 software.

Participants/Inclusion and exclusion criteria

The old women with 60to75 years that did not have history of stoprosis,hip replacing,vertigo,surgery, psyche problems

Intervention groups

In intervention group Hatha yoga exercises hold in 8 weak and every weak in 3 session tat is one hour

Main outcome variables

The improvement in the quantity of life and Body index in old women`s

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20150519022320N9**

Registration date: **2018-03-03, 1396/12/12**

Registration timing: **retrospective**

Last update: **2018-03-03, 1396/12/12**

Update count: **0**

Registration date

2018-03-03, 1396/12/12

Registrant information

Name

Tayebeh Mirzaei

Name of organization / entity

Rafsanjan University of Medical Sciences

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Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2016-06-20, 1395/03/31

Expected recruitment end date

2016-08-21, 1395/05/31

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The Effects of selected Hatha Yoga Exercises (Asana and Pranayama) in older women's Sleep Quality and Body Mass Index

Public title

The Effects of selected Hatha Yoga Exercises (Asana and Pranayama) in older women's Sleep Quality and Body Mass Index

Purpose

Basic science

Inclusion/Exclusion criteria**Inclusion criteria:**

the people that they did not have history of improvement Steoporosis during last year the people that they were away from reasons that cause their quality of sleep during the last six month like acute psychological disease and sorrow people that they did not have history of hip replacing people that they did not have history of gradational blindness people that they did not have history of Parkinson people that they did not have history of surgery

Exclusion criteria:

Do not participate more than 4 exercise session Physical injury during the exercise

Age

From **60 years** old to **75 years** old

Gender

Female

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **64**

Randomization (investigator's opinion)

Randomized

Randomization description

In this study people divide into two groups by plain randomized method that every group is 32 person.

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 Rafsanjan University of Medical Sciences

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Emamali blv

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7718174715

Approval date

2016-06-20, 1395/03/31

Ethics committee reference number

IR.RUMS.RES.1394.238

Health conditions studied**1****Description of health condition studied**

Sleep quality

ICD-10 code

G47.9

ICD-10 code description

Sleep disorder, unspecified

2**Description of health condition studied**

Body mass index

ICD-10 code

Z68

ICD-10 code description

Body mass index [BMI]

Primary outcomes**1****Description**

quality of sleep

Timepoint

sleep quality measured in control and intervention groups (before and after the intervention) using the Pittsburgh Sleep Quality Index .

Method of measurement

the Pittsburgh Sleep Quality Index .

Secondary outcomes**1****Description**

Body mass index

Timepoint

Body Mass Index are completed in both intervention and control group before intervention.

Method of measurement

Body mass index

Intervention groups

1

Description

Intervention group: The intervention group was subjected to Hatha yoga exercises for 8 weeks with three 1-hour sessions in each week.

Category

Lifestyle

2

Description

Control group: Do not any intervention on control group

Category

N/A

Recruitment centers

1

Recruitment center

Name of recruitment center

RetiredCenter Of Rafsanjan MedicalScience
Univeacity

Full name of responsible person

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Sponsors / Funding sources

1

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Name of organization / entity

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Grant name

Grant code / Reference number

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

Yes

Title of funding source

Rafsanjan University of Medical Sciences

Proportion provided by this source

100

Public or private sector

Public

Domestic or foreign origin

Domestic

Category of foreign source of funding

empty

Country of origin

Type of organization providing the funding

Academic

Person responsible for general inquiries

Contact

Name of organization / entity

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Position

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Latest degree

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Sharing plan**Deidentified Individual Participant Data Set (IPD)**

Undecided - It is not yet known if there will be a plan to make this available

Study Protocol

No - There is not a plan to make this available

Statistical Analysis Plan

No - There is not a plan to make this available

Informed Consent Form

Undecided - It is not yet known if there will be a plan to make this available

Clinical Study Report

No - There is not a plan to make this available

Analytic Code

No - There is not a plan to make this available

Data Dictionary

No - There is not a plan to make this available