Clinical Trial Protocol
Iranian Registry of Clinical Trials

10 Nov 2026

Comparison of Low Calorie Diet alone and combined with Yoga training on basal metabolic,Anthropometric indices, Adiponectin and Leptin in Overweight and Obese Women

Protocol summary

Study aim

Determination and comparison of the effects of low calorie diet alone and combined with Yoga training on basal metabolic rate, Anthropomentric indices, and Adiponection and Leptin

Design

In this study, 36 overweight and obese women who are eligible for inclusion criteria of the study are selected, and the participants are divided into two groups of diet and yoga, with each participant assigned a code.

Settings and conduct

The target group is overweight and obese women who are randomly assigned into two groups of diet alone and combined with Yoga and followed for 2 months. In diet group, 500 Kilo-calorie will be reduced after calculating the individual's energy requirement and in the yoga and diet group, 7 days workshop will be done and after that Hatta Yoga will be performed every day under the supervision of coach. In this group, a 300 Kilo-calorie reduced diet, and 200 calories from the yoga exercise will be designed. Through an indirect calorie meter, the duration of the yoga will be determined to find 200 Kilo-calorie expenditure.

Participants/Inclusion and exclusion criteria

Inclusion criteria: overweight and obese women, age range between 30 and 55 years old Exclusion criteria: diabetes, hypertension, and coronary heart disease, thyroid disorders, using dietary supplements that have effect on metabolism, smoking.

Intervention groups

intervention group: Yoga and diet control group: diet

Main outcome variables

Basal metabolic rate, Anthropometric Indices, Leptin, Adiponectin

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20140107016123N12**
Registration date: **2018-01-22, 1396/11/02**
Registration timing: **retrospective**

Last update: **2018-01-22, 1396/11/02**
Update count: **1**

Registration date

2018-01-22, 1396/11/02

Registrant information

Name
Sima Jafarirad
Name of organization / entity
Ahvaz Jundishapur University of Medical Sciences
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Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2017-12-10, 1396/09/19

Expected recruitment end date

2017-12-30, 1396/10/09

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title
Comparison of Low Calorie Diet alone and combined with Yoga training on basal metabolic,Anthropometric indices, Adiponectin and Leptin in Overweight and Obese Women

Public title
Comparison of Diet with Yoga accompanying Diet on body Metabolism in Obese people

Purpose
Treatment

Inclusion/Exclusion criteria

Inclusion criteria:
age30-55 Female 25<BMI Failure to follow a continuous exercise program Lack of Pregnancy, lactation and menopause Lack of Hypertension, Diabetes, Coronary artery Disease, stroke, thyroid disorders, Mental disorders Lack of weight loss over 5% in the last 6 months Failure to follow a special Diet plan Non-use of statin drugs, beta-blockers, fluorescent Drugs Lack of unhealthy weight

Exclusion criteria:
Smoking and And tobacco Eating any supplement that has an Effect on the Metabolism Failure to follow the plan

Age
From **30 years** old to **55 years** old

Gender
Female

Phase
3

Groups that have been masked
No information

Sample size
Target sample size: **36**

Randomization (investigator's opinion)
Randomized

Randomization description
Randomization will done using 6 subjects per block. Statistical software (Minitab) will use to perform randomized block. For the nature of intervention (Yoga+diet and diet), blinding will not perform.

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 Ahvaz Jundishapur University of Medical Sciences

Street address
Golestan Highway

City
Ahvaz

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Khouzestan

Postal code
6135715794

Approval date
2017-11-24, 1396/09/03

Ethics committee reference number
IR.AJUMS.REC.1396.735

Health conditions studied

1

Description of health condition studied
Obesity

ICD-10 code
E66.0

ICD-10 code description
0besity due to excesscalories

Primary outcomes

1

Description
Basal Metabolic Rate

Timepoint
Before and after intervention

Method of measurement
Indirect calorie meter

2

Description
Leptin

Timepoint
Before and after intervention

Method of measurement
enzyme-linked immunosorbent assay (ELISA)

3

Description
Adiponectin

Timepoint
Before and after intervention

Method of measurement
enzyme-linked immunosorbent assay (ELISA)

Secondary outcomes

empty

Intervention groups

1

Description
Intervention group: Yoga and diet
Category
Treatment - Other

2

Description
Control group: Diet
Category
Treatment - Other

Recruitment centers

1

Recruitment center
Name of recruitment center
Ahvaz Jundishapur University of Medical Sciences
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Sponsors / Funding sources

1

Sponsor
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
Ahvaz Jundishapur 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
Ahvaz Jundishapur University of Medical Sciences
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Faredeh Yazdanparast
Position
Student
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Person responsible for updating data

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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
Undecided - It is not yet known if there will be a plan to make this available
Statistical Analysis Plan
Undecided - It is not yet known if there will be a plan to make this available
Informed Consent Form
Yes - There is a plan to make this available
Clinical Study Report
Undecided - It is not yet known if there will be a plan to make this available
Analytic Code
Undecided - It is not yet known if there will be a plan to make this available
Data Dictionary
Undecided - It is not yet known if there will be a plan to make this available
Title and more details about the data/document
A part of data will be able to share
When the data will become available and for how long
From 2019
To whom data/document is available
Researchers in universities
Under which criteria data/document could be used
Only for personal studying, not sharing
From where data/document is obtainable
via email: jafarirad-s@ajums.ac.ir
What processes are involved for a request to access data/document
a valid confirmation letter form university which the researcher works in it and then must be confirmed by Ahvaz Jundishapur University of Medical Sciences
Comments