

Clinical Trial Protocol

Iranian Registry of Clinical Trials

28 Sep 2026

Comparing the effect of Walking and Yoga on Sexual Health and Quality of Life in Type 2 Diabetic male patients

Protocol summary

Study aim

Comparing the effect of Walking and Yoga on Sexual Health and Quality of Life in Type 2 Diabetic male patients

Design

This randomized clinical trial will be conducted on three groups of males with type 2 diabetes visiting the specialized clinics at Golestan and Imam Khomeini Hospitals in Ahvaz

Settings and conduct

This randomized clinical trial will be conducted on three groups of males with type 2 diabetes visiting the specialized clinics at Golestan and Imam Khomeini Hospitals in Ahvaz. After obtaining the permission of the University Research Deputy and the ethical code from the Ethics Committee of the University, the researcher will visit the research environment and the mentioned clinics and will explain the research objectives to the authorities.

Participants/Inclusion and exclusion criteria

Inclusion criteria Diagnosis of diabete not less than one year ago Not participating in other sporting programs concurrently Not suffering from diseases that do not allow physical activity Married Not having physical limitations that prevent physical activity Not undergoing insulin therapy Not taking antidepressants 30-60 years old Exclusion criteria Hospitalization during the intervention Changing treatment from oral medication to insulin therapy Moving to another city, Suffering from diseases and complications that limit physical activity during the research project

Intervention groups

,One of the intervention groups will engage in yoga (three 60-minute sessions per week for 8 weeks) under the supervision of a professional researcher and coach in a sports hall. Each session will include warm up, body movements and breathing exercises, relaxation and meditation. The other intervention group will walk after eating breakfast (three 60-minute sessions per week for

8 weeks).

Main outcome variables

Sexual function; quality of life

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20180511039610N1**

Registration date: **2018-06-15, 1397/03/25**

Registration timing: **prospective**

Last update: **2018-06-15, 1397/03/25**

Update count: **0**

Registration date

2018-06-15, 1397/03/25

Registrant information

Name

Bayan saberipour

Name of organization / entity

Country

Iran (Islamic Republic of)

Phone

+98 61 3222 6702

Email address

saberipour.b@ajums.ac.ir

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2018-06-21, 1397/03/31

Expected recruitment end date

2018-09-20, 1397/06/29

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date
empty

Scientific title
Comparing the effect of Walking and Yoga on Sexual Health and Quality of Life in Type 2 Diabetic male patients

Public title
Effect of Walking and Yoga on Sexual Health and Quality of Life

Purpose
Supportive

Inclusion/Exclusion criteria
Inclusion criteria:
 Diagnosis of diabetes not less than one year ago Not participating in other sporting programs concurrently Not suffering from diseases that do not allow physical activity Married Not having physical limitations that prevent physical activity Not undergoing insulin therapy Not taking antidepressants 30-60 years old
Exclusion criteria:
 Hospitalization during the intervention Suffering from diseases and complications that limit physical activity during the research project

Age
From **30 years** old to **60 years** old

Gender
Male

Phase
N/A

Groups that have been masked
No information

Sample size
Target sample size: **108**

Randomization (investigator's opinion)
Randomized

Randomization description
A sample in this study of 108 patients with type 2 diabetes referred to specialized diabetes clinics in Golestan and Imam Khomeini hospitals who are eligible to enter the study. Qualified individuals are randomly assigned to three groups (walk group, yoga group, and control group) using random block random blocks (Block 6) (using a random permutation table). A randomized list is provided by a statistician. According to the randomized list, the code is assigned by a person outside the study according to the codes corresponding to each disease that is included in the study.

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 University of Medical Sciences

Street address

plain 16-Alley of Arasham-In between the Great and the Masjid-Nazari Pour-Ahvaz

City

ahvaz

Province

Khouzestan

Postal code

6195734733

Approval date

2018-05-04, 1397/02/14

Ethics committee reference number

IR.AJUMS.REC.1397.101

Health conditions studied

1

Description of health condition studied

diabetes

ICD-10 code

E11

ICD-10 code description

Type 2 diabetes mellitus

Primary outcomes

1

Description

Quality of Life

Timepoint

(Before the intervention), 4 and 8

Method of measurement

quality of life questionnaires -SF36

Secondary outcomes

1

Description

Sexual function

Timepoint

(Before the start of intervention), 4 and 8

Method of measurement

Standard Sexual Function Questionnaire for Rosen Men

Intervention groups

1

Description

Intervention group1,2:One of the intervention groups will

engage in yoga (three 60-minute sessions per week for 8 weeks) under the supervision of a professional researcher and coach in a sports hall. Each session will include warm up, body movements and breathing exercises, relaxation and meditation. The two intervention group will walk after eating breakfast (three 60-minute sessions per week for 8 weeks).

Category

Rehabilitation

Recruitment centers**1****Recruitment center****Name of recruitment center**

specialized clinics at Golestan and Imam Khomeini Hospitals

Full name of responsible person

Leila Moradi

Street address

Golestan Hospital-Golestan-Ahvaz/Imam Khomeini Hospital-Azadegan-Ahvaz

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6193673111

Phone

+98 61 3374 3001

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Lmoradi@yahoo.com

Sponsors / Funding sources**1****Sponsor****Name of organization / entity**

Ahvaz University of Medical Sciences

Full name of responsible person

Mohammad Badawi

Street address

Ahvaz Jundishapur University of Medical Sciences, Ahvaz, Iran

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ahvaz

Province

Khouzestan

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61335-39345

Phone

+98 61 3336 2414

Fax**Email**

itc@ajums.ac.ir

Web page address**Grant name****Grant code / Reference number****Is the source of funding the same sponsor organization/entity?**

No

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 University of Medical Sciences

Full name of responsible person

Bayan saberipour

Position

Student of Community Health Nursing

Latest degree

Bachelor

Other areas of specialty/work

Nursery

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Person responsible for scientific inquiries**Contact****Name of organization / entity**

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Full name of responsible person

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Ph.D.

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Person responsible for updating data**Contact****Name of organization / entity**

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Full name of responsible person

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Latest degree

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Other areas of specialty/work

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

Yes - There is a plan to make this available

Study Protocol

Yes - There is 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

Yes - There is 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

All data obtained, except for confidential personal information, can be shared

When the data will become available and for how long

2019

To whom data/document is available

Researchers working in academia and academia

Under which criteria data/document could be used

Noting the source of the use of resources is allowed

From where data/document is obtainable

Saberipour.b@ajums.a.ir

What processes are involved for a request to access data/document

Submitting a document as a college and academic

Comments