

Clinical Trial Protocol

Iranian Registry of Clinical Trials

16 Sep 2026

Investigation the effect of Yoga on musculoskeletal pain in elderly females.

Protocol summary

Study aim

Pain is a critical threat for elderly people and it is the main cause of their disability. Chronic musculoskeletal pain is a common problem among elderly people, which results in health problems and mobility reduction. Apart from costly and complicated drug treatments, there is also many complementary therapies such as exercising. The aim of this study is to investigate the effect of yoga on chronic musculoskeletal pain in elderly women.

Design

The present study is a clinical trial study. The statistical population includes 60 years old elderly women referring to selected comprehensive health centers. Samples are divided into control and intervention groups randomly.

Settings and conduct

The intervention group does yoga under supervision of the coach, 3 sessions every week and an hour per session for 8 weeks. Before intervention and after 4 and 8 weeks, the pain questionnaire will be filled by the intervention and control group. The data were analyzed by SPSS 18 software and using descriptive and analytical statistical tests.

Participants/Inclusion and exclusion criteria

The present study will be conducted on 60-75 years old elderly women who referred to selected comprehensive health centers and had musculoskeletal pain for at least 3 months, had not history of mental illness, Parkinson's disease, Alzheimer's disease, recent fracture, drug addiction, And not doing other sports At the same time with study and having no limitation for exercising.

Intervention groups

The intervention group does yoga under supervision of the coach, 3 sessions every week and an hour per session for 8 weeks.

Main outcome variables

musculoskeletal pain

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20150519022320N11**

Registration date: **2018-07-07, 1397/04/16**

Registration timing: **retrospective**

Last update: **2018-07-07, 1397/04/16**

Update count: **0**

Registration date

2018-07-07, 1397/04/16

Registrant information

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Name of organization / entity

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Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2018-04-04, 1397/01/15

Expected recruitment end date

2018-06-05, 1397/03/15

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Investigation the effect of Yoga on musculoskeletal pain in elderly females.

Public title

Investigation the effect of Yoga on musculoskeletal pain in elderly females.

Purpose

Basic science

Inclusion/Exclusion criteria**Inclusion criteria:**

female gender Age of 60 to 75 years old Informed consent to participate in the project Existence of complaint about musculoskeletal pain for three months pain Severity range of ten to forty

Exclusion criteria:

Absence of mental illnesses history Absence of Parkinson's disease Absence of Alzheimer's disease history Not doing other sports during research Absence of any recent fractures No addiction to drugs Having no limitation for exercising

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: **60**

Randomization (investigator's opinion)

Randomized

Randomization description

In this study, people are divided into two control and Intervention groups of 30 persons by simple random method

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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Emam Ali Bolv

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Approval date

2018-03-07, 1396/12/16

Ethics committee reference number

Rums.rec.1396.216

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

Musculoskeletal pain

ICD-10 code**ICD-10 code description****Primary outcomes****1****Description**

musculoskeletal pain score

Timepoint

The severity of pain in the control and intervention group will be measured before the beginning of the intervention and 4 and 8 weeks after the intervention, by the McGill questionnaire.

Method of measurement

McGill Pain Questionnaire

Secondary outcomes

empty

Intervention groups**1****Description**

Intervention group: The intervention group does yoga under supervision of the coach, 3 sessions every week and 60 minutes per session for 2 months

Category

Lifestyle

2**Description**

Control group: Any intervention is done on control group

Category

N/A

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

selected comprehensive health centers

Full name of responsible person

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Sponsors / Funding sources

1

Sponsor

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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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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