

Clinical Trial Protocol

Iranian Registry of Clinical Trials

26 Jul 2026

Comparative evaluation of the effect of Iyengar and Hata Yoga on the outcomes of labor in pregnant women

Protocol summary

Study aim

Determining the impact of yoga on the outcomes of childbirth

Design

Clinical trial with control group, Hata Yoga intervention group and Yoga practitioner, community-based and pragmatic, randomized Sample size of 72 participants in three groups of Hata and Iyengar and control

Settings and conduct

Place of study: Kowsar Hospital The researcher selects and receives written consent from the qualified pregnant mothers (in terms of entry criteria), 72 pregnant women will be selected by available method.

Participants/Inclusion and exclusion criteria

Inclusion criteria: having informed consent to participate in the study, 18 to 35 years, first pregnancy and single pregnancy, 26-28 weeks Exclusion criteria: complications during pregnancy, yoga or Pilates experience, attend classes, Tai Chi

Intervention groups

The intervention in this study includes the implementation of two types of yoga programs during pregnancy. The yoga program for a group is just the style of the Hatha yoga, and for a group only the yoga routine and a routine pregnancy care group are being implemented. Participants in the intervention group will begin their first session of pregnancy yoga from 28-26 weeks of gestation, and will hold two sessions for up to 75 minutes each week until the 37th week of gestation. The routine pregnancy care group will receive all pregnancies.

Main outcome variables

Outcomes of labor (type of delivery, occurrence of childbirth induction, premature rupture of the water bag, occurrence of preterm labor, occurrence and degree of episiotomy)

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20180623040197N2**

Registration date: **2019-02-11, 1397/11/22**

Registration timing: **prospective**

Last update: **2019-02-11, 1397/11/22**

Update count: **0**

Registration date

2019-02-11, 1397/11/22

Registrant information

Name

Leila Dehghankar

Name of organization / entity

Country

Iran (Islamic Republic of)

Phone

+98 28 3333 8034

Email address

l.dehghankar@qums.ac.ir

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2019-05-20, 1398/02/30

Expected recruitment end date

2021-03-20, 1399/12/30

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Comparative evaluation of the effect of Iyengar and Hatha Yoga on the outcomes of labor in pregnant women		Name of ethics committee Ethics committee of Qazvin university of medical science
Public title Comparative evaluation of the effect of Iyengar and Hatha Yoga on the outcomes of labor in pregnant women		Street address Qazvin University of Medical Sciences, Shahid Bahonar Blvd.
Purpose Education/Guidance		City Qazvin
Inclusion/Exclusion criteria Inclusion criteria: Having informed consent to participate in the study The age group 18 to 35 years Having normal pregnancy according to the written diagnosis of gynecologist First and single-crocheted pregnancy Ability to read and write Having a normal body mass index (between 8/19 and 26) Pregnancy age 26-28 weeks Exclusion criteria: Having experience in yoga classes or regular exercise (Pilates, Tai Chi) Having an abnormal fetus or IUGR. Choosing the method of elective cesarean delivery.		Province Qazvin
		Postal code 34417431874
		Approval date 2018-11-10, 1397/08/19
		Ethics committee reference number IR.QUMS.REC.1397.184
Health conditions studied		
1		
Description of health condition studied Preeclampsia		
ICD-10 code O15.1		
ICD-10 code description Eclampsia in labor		
2		
Description of health condition studied Preterm labor		
ICD-10 code O42.10		
ICD-10 code description Premature rupture of membranes, onset of labor more than 24 hours following rupture, unspecified weeks of gestation		
Primary outcomes		
1		
Description type of delivery		
Timepoint in the beginning of the study (before the intervention) and 2 weeks after completion of the delivery		
Method of measurement Outcome of delivery Questionnaire		
2		
Description Anesthesia		
Timepoint in the beginning of the study (before the intervention) and 2 weeks after completion of the delivery		
Method of measurement Outcome of delivery Questionnaire		

3

Description

Occurrence Premature rupture of the water bag

Timepoint

in the beginning of the study (before the intervention)
and 2 weeks after completion of the delivery

Method of measurement

Outcome of delivery Questionnaire

4

Description

Occurrence and Episiotomy degree

Timepoint

in the beginning of the study (before the intervention)
and 2 weeks after completion of the delivery

Method of measurement

Outcome of delivery Questionnaire

Secondary outcomes

1

Description

Preterm delivery

Timepoint

in the beginning of the study (before the intervention)
and 2 weeks after completion of the delivery

Method of measurement

Outcome of delivery Questionnaire

Intervention groups

1

Description

Intervention group 1: Hata Yoga From 28 to 32 weeks of gestation, two weekly sessions take part in yoga sessions.

Category

Prevention

2

Description

Intervention group 2: yoga iyengar From 28 to 32 weeks of gestation, two weekly sessions take part in yoga sessions.

Category

Prevention

3

Description

Control group: Pregnant mother does not receive any intervention

Category

N/A

Recruitment centers

1

Recruitment center

Name of recruitment center

Kosar Hospital

Full name of responsible person

Leila dehghankar

Street address

Qazvin University of Medical Sciences.Bahonar
Blvd,Qazvin,

City

Qazvin

Province

Qazvin

Postal code

344143184

Phone

+98 28 3333 8034

Email

dehghan247@gmail.com

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Qazvin University of Medical Sciences

Full name of responsible person

Amir Peymani

Street address

Qazvin University of Medical Sciences , Bahonar
street, Qazvin

City

Qazvin

Province

Qazvin

Postal code

3441343184

Phone

+98 28 3333 6001

Email

apeymani@qums.ac.ir

Grant name

Grant code / Reference number

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

Yes

Title of funding source

Qazvin 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

Qazvin University of Medical Sciences

Full name of responsible person

leili yekefallah

Position

Assistant Professor of Nursing Faculty Qazvin

Latest degree

Ph.D.

Other areas of specialty/work

Nursery

Street address

Qazvin university of medical science, Bamonar, Qazvin

City

Qazvin

Province

Qazvin

Postal code

34411743148

Phone

+98 28 3333 6001

Email

yekefallah@qums.ac.ir

Person responsible for scientific inquiries

Contact

Name of organization / entity

Qazvin University of Medical Sciences

Full name of responsible person

Leili Yekefallah

Position

Assistant Professor of Nursing Faculty Qazvin

Latest degree

Ph.D.

Other areas of specialty/work

Nursery

Street address

Qazvin University of Medical Sciences, Bamonar, Qazvin

City

Qazvin

Province

Qazvin

Postal code

3441341184

Phone

+98 0283338034

Email

yekefallah@qums.ac.ir

Person responsible for updating data

Contact

Name of organization / entity

Qazvin University of Medical Sciences

Full name of responsible person

Leila Dehghankar

Position

Instructor of Qazvin Nursing Faculty

Latest degree

Master

Other areas of specialty/work

Nursery

Street address

Qazvin University of Medical Sciences, Bamonar, Qazvin

City

Qazvin

Province

Qazvin

Postal code

3441341184

Phone

+98 28 3333 6001

Email

L.dehghankar@qums.ac.ir

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

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

Analytic Code

Not applicable

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

Information on the impact of yoga on the consequences of childbirth

When the data will become available and for how long

6 months after printing results

To whom data/document is available

Ghazvin University of Medical Sciences Health Centers
Yoga Pregnancy Centers

Under which criteria data/document could be used

Through the authoritative university website

From where data/document is obtainable

Ghazvin, Qazvin University of Medical Sciences, Faculty of Nursing and Midwifery

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

Send message to authors email

Comments