Clinical Trial Protocol
Iranian Registry of Clinical Trials

10 Nov 2026

The effects of hatha yoga on anthropometric and psychological indices among the retired women

Protocol summary

Study aim
effects of hatha yoga on anthropometric and psychological indices among retired women.

Design
This randomized controlled trial was conducted on 64 female retirees of Rafsanjan University of Medical Sciences, Rafsanjan, Iran. The samples were randomly divided into intervention and control groups.

Settings and conduct
The sessions of the program were held thrice weekly in a yoga club in Rafsanjan, Iran. Anthropometric indices, depression, anxiety, and stress were measured before, one month, and two months after the intervention onset.

Participants/Inclusion and exclusion criteria
Participants include 64 retired women from the University of Medical Sciences. no history of advanced osteoporosis, hip replacement, gradual blindness, gradual loss of vision, Parkinson's disease, dizziness, surgery, no special diet, no use of weight-loss medications, and no history of significant loss or acute psychiatric disorder in the past six months. The only exclusion criterion was three or more absences from yoga sessions.

Intervention groups
Participants were randomly recruited and allocated to either a control or an intervention group. Participants in the intervention group were provided with an eight-week yoga program, while their counterparts in the control group received no exercise-based intervention.

Main outcome variables
depression, anxiety, and stress,weight, height, BMI, waist circumference, hip circumference, wais to hip ratio, and wrist circumference.

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20150519022320N19**
Registration date: **2019-01-27, 1397/11/07**
Registration timing: **retrospective**

Last update: **2019-01-27, 1397/11/07**
Update count: **0**

Registration date
2019-01-27, 1397/11/07

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
2016-06-20, 1395/03/31

Actual recruitment end date
2016-08-21, 1395/05/31

Trial completion date
2016-08-21, 1395/05/31

Scientific title
The effects of hatha yoga on anthropometric and psychological indices among the retired women

Public title

The effects of hatha yoga on anthropometric and psychological indices

Purpose

Supportive

Inclusion/Exclusion criteria

Inclusion criteria:

the people that they did not have history of improvement Steoprusis during last year no history of significant loss or acute psychiatric disorder in the past six months 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 **50 years** old to **65 years** old

Gender

Female

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **60**

Actual sample size reached: **60**

Randomization (investigator's opinion)

Randomized

Randomization description

From eligible women, 64 were randomly recruited to the study and randomly allocated to an A and a B group using a table of random numbers. Then, groups A and B were randomly allocated to either the control or the intervention side of 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 Rafsanjan University ofMedical Sciences

Street address

Emamali Blv

City

Rafsanjan

Province

Kerman

Postal code

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

Anthropometric indices

ICD-10 code

ICD-10 code description

2

Description of health condition studied

Psychological indices

ICD-10 code

ICD-10 code description

Primary outcomes

1

Description

depression, which was measured using the DASS-21 scale.

Timepoint

Before the start of the study, one month after the start of the intervention, two months after the intervention begins

Method of measurement

Depression, Anxiety, and Stress Scale (DASS-21)

2

Description

Anxiety, which was measured using the DASS-21 scale.

Timepoint

Before the start of the study, one month after the start of the intervention, two months after the intervention begins

Method of measurement

Depression, Anxiety, and Stress Scale (DASS-21)

3

Description

Stress, which was measured using the DASS-21 scale.

Timepoint

Before the start of the study, one month after the start of the intervention, two months after the intervention begins

Method of measurement

Depression, Anxiety, and Stress Scale (DASS-21)

4

Description
body mass index
Timepoint
Before the start of the study, one month after the start of the intervention, two months after the intervention begins
Method of measurement
By dividing weight in kilograms by the square of height in meters measured.

5

Description
Waist circumference
Timepoint
Before the start of the study, one month after the start of the intervention, two months after the intervention begins
Method of measurement
Waist circumference was measured in the midway between the inferior rib and the iliac crest at the end of expiration

6

Description
hip circumference
Timepoint
Before the start of the study, one month after the start of the intervention, two months after the intervention begins
Method of measurement
hip circumference was measured at the widest point of the greater trochanter muscle.

7

Description
Waist-hip ratio
Timepoint
Before the start of the study, one month after the start of the intervention, two months after the intervention begins
Method of measurement
Waist-hip ratio was calculated through dividing waist circumference by hip circumference.

8

Description
wrist circumference
Timepoint
Before the start of the study, one month after the start of the intervention, two months after the intervention begins
Method of measurement
wrist circumference was measured at the junction point between wrist and the metacarpal bones.

Secondary outcomes

empty

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
Rehabilitation

2

Description
Control group: No intervention for the control group was performed.
Category
N/A

Recruitment centers

1

Recruitment center
Name of recruitment center
RetiredCenter Of Rafsanjan MedicalScience Univeacity
Full name of responsible person
Dr Tayyebe Mirzaei
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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
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
Rafsanjan University of Medical Sciences

Full name of responsible person
Dr.Tayyebeh Mirzaei

Position
Associate professor

Latest degree
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Other areas of specialty/work
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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
Undecided - It is not yet known if there will be 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