

Clinical Trial Protocol

Iranian Registry of Clinical Trials

29 Jul 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, waist 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

Country

Iran (Islamic Republic of)

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+98 34 3425 5900

Email address

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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 of Medical 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

Street address

Jomhory street, Parastar blv

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T.Mirzaei@rums.ac.ir

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Rafsanjan University of Medical Sciences

Full name of responsible person

Dr.Alishamce zadeh

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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.Tayyebbeh Mirzaei

Position

Associate professor

Latest degree

Ph.D.

Other areas of specialty/work

Nursery

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Email

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Person responsible for scientific inquiries

Contact

Name of organization / entity

Rafsanjan University of Medical Sciences

Full name of responsible person

Dr.Tayyebbeh Mirzaei

Position

Associate Professor

Latest degree

Ph.D.

Other areas of specialty/work

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Web page address

Person responsible for updating data

Contact

Name of organization / entity

Rafsanjan University of Medical Sciences

Full name of responsible person

Mohadaseh Raeisi

Position

Non-faculty

Latest degree

Bachelor

Other areas of specialty/work

Nursery

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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