

Clinical Trial Protocol

Iranian Registry of Clinical Trials

28 Jun 2026

A comparative study on the effect of yoga and aerobics exercise program on nurses' burnout

Protocol summary

Study aim

The comparison of the effect of yoga and aerobics exercise program on nursing job burnout

Design

This clinical trial has a parallel control group, without blindness, 81 female participants. Participants will be randomly assigned to groups (aerobics and yoga) using table of random numbers.

Settings and conduct

A clinical trial study will be carried out in educational hospitals in Jahrom, Fars province. Upon taking the approval of the thesis proposal and taking the code of ethics, the researcher will start sampling according to the entry criteria. The participants who will have the required criteria and agree to take part in this study will receive some information about the study. Then, they will sign the informed consent form and then researcher will randomly assign the participants in the control and intervention groups. The ones who take part in the intervention groups will receive the instructions for two months.

Participants/Inclusion and exclusion criteria

Participants will be female nurses working in the morning, evening and night shifts and have at least 2 years of work experience and have no musculoskeletal problems. If the participant will not want to continue participating in the study or will be injured during the intervention, or will be absent for five sessions will be excluded from the study.

Intervention groups

Overall, three groups will take part in this study that two of which will be intervention groups and one control group. The first intervention group will receive the aerobic exercise program, and the second group will receive a yoga exercise intervention.

Main outcome variables

Burnout, increase self-esteem and self-efficacy

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20181224042087N1**

Registration date: **2019-03-07, 1397/12/16**

Registration timing: **registered_while_recruiting**

Last update: **2019-03-07, 1397/12/16**

Update count: **0**

Registration date

2019-03-07, 1397/12/16

Registrant information

Name

Saedeh Faramarzi Haghighi

Name of organization / entity

Country

Iran (Islamic Republic of)

Phone

+98 71 5224 4693

Email address

s.faramarzi@jums.ac.ir

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2019-02-19, 1397/11/30

Expected recruitment end date

2019-03-19, 1397/12/28

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

A comparative study on the effect of yoga and aerobics exercise program on nurses' burnout

Public title

Effect of Yoga and Aerobic on burnout

Purpose

Education/Guidance

Inclusion/Exclusion criteria**Inclusion criteria:**

Tend to participate in the study Have a nursing expert degree or a master's degree or a nursing doctorate Residents of Jahrom city Female nurses No pregnancy and menopause No history of hospitalization due to mental illness No previous aerobics courses in the past 3 months No regular exercise At least 2 years passed from their employment No musculoskeletal disorders Should be at a circulating shift

Exclusion criteria:

During the study, they have an acute illness that lasts more than 5 days or is diagnosed with chronic disease Missing more than 3 consecutive or 5 absentee sessions during the study During the intervention, they will be damaged Complete the questionnaire thoroughly

Age

From **27 years** old to **50 years** old

Gender

Female

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **81**

Randomization (investigator's opinion)

Randomized

Randomization description

Simple randomization will be done using a random number table. Once the participants expressed their willingness to participate in the study, their names will be given to the computer. Then, based on random sampling, the samples will be placed in intervention groups (aerobics and yoga) and control. The first number that the computer will display will be in the yoga group and the second number will be in the aerobic group and the third in the control group.

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 Jahrom University of Medical Sciences

Street address

St. Motahari-after the Nursing Faculty-Jahrom University of Medical Sciences-Campus

City

Jahrom

Province

Fars

Postal code

74148-46199

Approval date

2019-02-04, 1397/11/15

Ethics committee reference number

IR.JUMS.REC.1397.114

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

Burnout

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

Reduce the level of burnout

Timepoint

Determining the levels of burnout before the intervention and immediately after the intervention and one month after the end of the intervention

Method of measurement

Maslach Job Burnout Questionnaire

Secondary outcomes

empty

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

Intervention group 1: The group will receive a yoga program for 24 sessions of 75 minutes in a club in Jahrom, under the supervision of a Yoga instructor with international qualifications.

Category

N/A

2**Description**

:Intervention group 2: The group will receive an aerobic

exercise program for 24 sessions of 70 minutes in a club in Jahrom, under the supervision of an instructor trained in this field, within 2 months.

Category

N/A

3

Description

.The control group will not receive an intervention during this period, only at the same time as the intervention group 1 and 2 will complete the Maslach Burnout Questionnaire.

Category

N/A

Recruitment centers

1

Recruitment center

Name of recruitment center

Motahari and Peymaniyeh hospitals inJahrom city

Full name of responsible person

Saeedeh Faramarzi Haghighi

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Jahrom University of Medical Sciences

Full name of responsible person

Dr. Kavos Solhjoo

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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

Jahrom 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

Jahrom University of Medical Sciences

Full name of responsible person

Dr. Ali Dehqani

Position

science Committee

Latest degree

Ph.D.

Other areas of specialty/work

Nursery

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Person responsible for scientific inquiries

Contact

Name of organization / entity

Jahrom University of Medical Sciences

Full name of responsible person

Dr.Mohsen Hojat

Position

Assistant Professor

Latest degree

Ph.D.

Other areas of specialty/work

Nursery

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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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Position

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Latest degree

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

No - There is not a plan to make this available

Justification/reason for indecision/not sharing IPD

No more information

Study Protocol

Yes - There is a plan to make this available

Statistical Analysis Plan

Yes - There is 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

Information about the main consequence of course after unidentifiable people is to share

When the data will become available and for how long

Since the publication of the article on the authoritative scientific site up to 2-3 years later

To whom data/document is available

Academic or Research Centers

Under which criteria data/document could be used

For similar studies and overviews of the systematic system, attention to formal correspondence by reputable scientific centers

From where data/document is obtainable

Research Deputy of Jahrom University of Medical Sciences or Dr. Mohsen Hojjat

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

The request is submitted to the research vice president after the consent and with the permission of the researcher, the data is provided to the person or entity requesting it.

Comments