

Clinical Trial Protocol

Iranian Registry of Clinical Trials

30 Jul 2026

Investigating the effect of yoga in pregnancy on some delivery outcome in primiparous women referring to Rafsanjan Niknafs Maternity

Protocol summary

Study aim

The effect of yoga in pregnancy on birth outcomes in nulliparous women referred to Niknafs hospital in Rafsanjan

Design

Clinical trial with control group without any blinding

Settings and conduct

In the intervention group during the 26-36th week of pregnancy, a of Yoga for 60 minutes per week prepared by a skilled trainer providing a training booklet and DVD, including the basics of yoga, the benefits of each The movements. The intervention group is requested to do yoga exercises three times a week and 20 minutes at home and continue until 37 weeks gestation. The researcher will call the participants twice a week to get notified about doing yoga at home.

Participants/Inclusion and exclusion criteria

Inclusion criteria: signing written consent form; choice Niknafs hospital as the place of birth; nulliparous women; age at least 18 years old; gestational age 26 weeks; single fetus; lack of known medical condition or obstetrical complications; unwillingness to selective cesarean section; no history of yoga or other exercises such as Pilates; abnormal fetal or intrauterine growth restriction confirmed by ultrasound; BMI range: 18.5 - 29.5. Exclusion criteria: make a high-risk condition at any time during the course of the pregnancy (37 to 26 weeks); attend yoga classes less than five sessions; do yoga less than 20 minutes a week at home; attend a childbirth class; use of spinal anesthesia and pethidine.

Intervention groups

Nulliparous pregnant women who do yoga exercise during pregnancy

Main outcome variables

Duration of the first and second stage of labor; neonate Apgar scores; average labor pain score in dilatation (5-4 cm) and two hours after the first measurement based on the VAS; the amount of anxiety at the entrance to labor room; grade three and four of perineal tear; birth weight

of the baby; gestational age on delivery day

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20181219042051N1**

Registration date: **2019-05-15, 1398/02/25**

Registration timing: **registered_while_recruiting**

Last update: **2019-05-15, 1398/02/25**

Update count: **0**

Registration date

2019-05-15, 1398/02/25

Registrant information

Name

Zohreh Ghorashi

Name of organization / entity

Country

Iran (Islamic Republic of)

Phone

+98 34 3425 5900

Email address

zghorashi@yahoo.com

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2019-01-21, 1397/11/01

Expected recruitment end date

2019-06-05, 1398/03/15

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty	National Ethics Committee for Biomedical Research
Scientific title	Street address
Investigating the effect of yoga in pregnancy on some delivery outcome in primiparous women referring to Rafsanjan Niknafs Maternity	School of Nursing Midwifery, Parastar street
Public title	City
Investigating the effect of yoga in pregnancy on delivery outcome	Rafsanjan
Purpose	Province
Prevention	Kerman
Inclusion/Exclusion criteria	Postal code
Inclusion criteria:	7718796755
Willingness to participate in the study and signing written consent form Choice Niknafs hospital as the place of birth Nulliparous women Mother's age at least 18 years old Gestational age 26 weeks based on first trimester ultrasonography or reliable LMP Single fetus Lack of known medical condition or obstetrical complications Unwillingness to selective cesarean section No history of yoga or other exercises such as Pilates Abnormal fetal or intrauterine growth restriction confirmed by ultrasound BMI rang: 18.5 - 29.5	Approval date
Exclusion criteria:	2018-10-29, 1397/08/07
Make a high-risk condition at any time during the course of the pregnancy (37 to 26 weeks) Attend yoga classes less than five sessions Do yoga less than 20 minutes a week at home Attend a childbirth class Use of spinal anesthesia and pethidine	Ethics committee reference number
Age	IR.RUMS.REC.1397.127
From 18 years old	
Gender	
Female	
Phase	
N/A	
Groups that have been masked	
No information	
Sample size	
Target sample size: 50	
Randomization (investigator's opinion)	
Not randomized	
Randomization description	
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	

2

Description

Control group: Routine pregnancy care

Category

N/A

Recruitment centers

1

Recruitment center

Name of recruitment center

Comprehensive Health Centers

Full name of responsible person

Ellahe mohyadin

Street address

Khalooii street

City

Rafsanjan

Province

Kerman

Postal code

7714659143

Phone

+98 34 3422 3820

Email

Ellahemohyadin.90@gmail.com

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Rafsanjan University of Medical Sciences

Full name of responsible person

Vice chancellery for research& technology

Street address

Imam ali bolvard, Rafsanjan, Iran

City

Rafsanjan

Province

Kerman

Postal code

7717933777

Phone

+98 34 3428 0038

Email

info@rums.ac.ir

Web page address

Grant name

vice chancellery for research& technology of rafsanjan university of medical sciences

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

Zohreh Ghorashi

Position

Assistant Proffesor

Latest degree

Ph.D.

Other areas of specialty/work

Midwifery

Street address

No6, kargar2, Kargar Ave, Rafsanjan, Iran

City

Rafsanjan

Province

Kerman

Postal code

7714816766

Phone

+98 34 3428 9264

Email

zghorashi@yahoo.com

Person responsible for scientific inquiries

Contact

Name of organization / entity

Rafsanjan University of Medical Sciences

Full name of responsible person

Zohreh Ghorashi

Position

Associate professor

Latest degree

Ph.D.

Other areas of specialty/work

Midwifery

Street address

School of Nursing and Midwifery, Parastar street, Rafasanjan, Iran

City

Rafsanjan

Province

Kerman

Postal code

7718796755

Phone

+98 34 3425 5900

Fax

+98 34 3425 8497

Email

zghorashi@yahoo.com

Person responsible for updating data

Contact

Name of organization / entity

Rafsanjan University of Medical Sciences

Full name of responsible person

Zohreh Ghorashi

Position

Associate professor

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School of Nursing and Midwifery, Parastar street,
Rafasanjan, Iran

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+98 34 3425 5900

Fax

+98 34 3425 8497

Email

zghorashi@yahoo.com

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

Not applicable

Informed Consent Form

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

Clinical Study Report

Not applicable

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