

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

16 Jul 2026

### The effect of yoga exercise on anxiety, depression, sleep quality and memory of elderly women at Adult Day Care Centers

#### Protocol summary

##### Study aim

The effect of yoga exercise on anxiety, depression, sleep quality and memory of elderly women Adult day centers in Yazd

##### Design

This study is a clinical trial. From the Adult Day Care Centers in Yazd, two centers are randomly selected, one is assigned as a test group and the other is assigned as a control group. Community-based and action-oriented, with parallel groups, not blind

##### Settings and conduct

Research in adult day centers are in Yazd. In the intervention group, yoga exercises are held for 8 weeks and each week in three 1-hour sessions. In the control and intervention groups, the anxiety, depression, DASS depression, Pittsburgh sleep quality and Wechsler memory are completed before and after the intervention.

##### Participants/Inclusion and exclusion criteria

Inclusion Criteria: were age over 60 years old, no physical problems such as hip replacement, Parkinson's disease, and dizziness leading to inability to practice the exercises, signing consent forms to participate in the study, and obtaining permission from a trusted physician to practice the yoga poses. Exclusion Criteria: Lack of cooperation, cognitive problems (Alzheimer's disease, progressive physical and mental problems during practice, sensorineural hearing loss (deafness), neurodevelopmental disorder (mental retardation), absenteeism in more than 3 sessions of exercises, no consumption of sleeping pills over the last one month, and movement from the adult day care center

##### Intervention groups

Intervention group: As a group, by experienced educators, for 8 weeks, three sessions of one hour a week doing yoga. Before intervention and after intervention, anxiety, depression, sleep quality and memory of the samples will be investigated. Control group: In this study, no intervention was performed for the control group.

#### Main outcome variables

The mean score of anxiety, depression, sleep quality and memory

#### General information

##### Reason for update

##### Acronym

##### IRCT registration information

IRCT registration number: **IRCT20190103042225N1**

Registration date: **2019-01-14, 1397/10/24**

Registration timing: **registered\_while\_recruiting**

Last update: **2019-01-14, 1397/10/24**

Update count: **0**

##### Registration date

2019-01-14, 1397/10/24

##### Registrant information

##### Name

Sanaz Behzadi

##### Name of organization / entity

##### Country

Iran (Islamic Republic of)

##### Phone

+98 35 3624 9939

##### Email address

sanaz24behzadi@yahoo.com

##### Recruitment status

**Recruitment complete**

##### Funding source

##### Expected recruitment start date

2019-01-10, 1397/10/20

##### Expected recruitment end date

2019-02-09, 1397/11/20

##### Actual recruitment start date

empty

##### Actual recruitment end date

empty

**Trial completion date**  
empty

**Scientific title**  
The effect of yoga exercise on anxiety, depression, sleep quality and memory of elderly women at Adult Day Care Centers

**Public title**  
The effect of yoga exercise on anxiety, depression, sleep quality and memory

**Purpose**  
Supportive

**Inclusion/Exclusion criteria**  
**Inclusion criteria:**  
 were age over 60 years old, no physical problems such as hip replacement, Parkinson's disease, and dizziness leading to inabilities to practice the exercises, signing consent forms to participate in the study, and obtaining permission from a trusted physician to practice the yoga poses.  
**Exclusion criteria:**  
 Lack of cooperation, cognitive problems (Alzheimer's disease, progressive physical and mental problems during practice, sensorineural hearing loss (deafness), neurodevelopmental disorder (mental retardation), absenteeism in more than 3 sessions of exercises, no consumption of sleeping pills over the last one month, and movement from the adult day care center

**Age**  
From **60 years** old to **89 years** old

**Gender**  
Female

**Phase**  
N/A

**Groups that have been masked**  
*No information*

**Sample size**  
 Target sample size: **58**  
 Actual sample size reached: **58**

**Randomization (investigator's opinion)**  
Randomized

**Randomization description**  
 From the Adult Day Care Centers in Yazd, two centers are randomly selected, one is assigned as a test group and the other is assigned as a control group. Then, due to the low level of elderly covered by each center, all elderly people are covered by the control and test groups covered by each entry-level criteria. The random method will be in the form of a draw, in this way, for each of the code centers, then the codes are written on a piece of paper. The pieces of paper are placed in a container and they are thrown well. Then two centers are selected from among them.

**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

Shahid Sadoughi University of Medical Sciences Yazd

##### Street address

Yazd, Shahid Bahonar Square, Central Office of Shahid Sadoughi University of Medical Sciences, Yazd

##### City

Yazd

##### Province

Yazd

##### Postal code

8916978477

#### Approval date

2018-03-11, 1396/12/20

#### Ethics committee reference number

IR.SSU.SPH.REC.1396.45

## Health conditions studied

### 1

#### Description of health condition studied

Anxiety

#### ICD-10 code

F41.9

#### ICD-10 code description

Anxiety disorder, unspecified

### 2

#### Description of health condition studied

depression

#### ICD-10 code

F32.0

#### ICD-10 code description

Mild depressive episode

### 3

#### Description of health condition studied

sleep quality

#### ICD-10 code

#### ICD-10 code description

### 4

#### Description of health condition studied

memory

#### ICD-10 code

#### ICD-10 code description

## Primary outcomes

### 1

#### Description

Anxiety scale Evaluation

#### Timepoint

Before the intervention and after the intervention.

#### Method of measurement

DASS21 questionnaire

### 2

#### Description

Depression scale Evaluation

#### Timepoint

Before the intervention and after the intervention.

#### Method of measurement

DASS21 questionnaire

### 3

#### Description

sleep quality scale Evaluation

#### Timepoint

Before the intervention and after the intervention.

#### Method of measurement

Pittsburgh Sleep Quality Questionnaire

### 4

#### Description

Memory scale Evaluation

#### Timepoint

Before the intervention and after the intervention.

#### Method of measurement

Wechsler Memory scale

## Secondary outcomes

empty

## Intervention groups

### 1

#### Description

Intervention group: Performing yoga exercises for 8 weeks, three sessions per hour each week.

#### Category

Lifestyle

### 2

#### Description

Control group: In this study, no intervention is performed for the control group

#### Category

N/A

## Recruitment centers

### 1

#### Recruitment center

##### Name of recruitment center

Milad adult day center

##### Full name of responsible person

Sanaz Behzadi

##### Street address

Alam Square, Shahid Sadoughi University of Medical Sciences, School of Public Health

##### City

Yazd

##### Province

Yazd

##### Postal code

8915173160

##### Phone

+98 35 3624 9939

##### Email

sanaz24behzadi@yahoo.com

### 2

#### Recruitment center

##### Name of recruitment center

Bahar adult day center

##### Full name of responsible person

Sanaz Behzadi

##### Street address

Alam Square, Shahid Sadoughi University of Medical Sciences, School of Public Health

##### City

Yazd

##### Province

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##### Postal code

8915173160

##### Phone

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##### Email

sanaz24behzadi@yahoo.com

## Sponsors / Funding sources

### 1

#### Sponsor

##### Name of organization / entity

Yazd University of Medical Sciences

##### Full name of responsible person

Dr. Ali Akbar Vaezi

##### Street address

Alam Square, Shahid Sadoughi University of Medical Sciences, School of Public Health

##### City

Yazd

##### Province

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##### Postal code

8915173160

##### Phone

+98 35 3820 9100

##### Email

vaeziali@yahoo.com

**Grant name**

**Grant code / Reference number**

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

Yes

**Title of funding source**

Yazd 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**

Yazd University of Medical Sciences

**Full name of responsible person**

Sanaz Behzadi

**Position**

MSc

**Latest degree**

Bachelor

**Other areas of specialty/work**

Geriatrics

**Street address**

Alam Square, Shahid Sadoughi University of Medical Sciences, School of Public Health

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**Province**

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**Postal code**

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**Email**

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**Person responsible for scientific inquiries**

**Contact**

**Name of organization / entity**

Yazd University of Medical Sciences

**Full name of responsible person**

Dr. Ali Akbar Vaezi

**Position**

Assistant Professor

**Latest degree**

Ph.D.

**Other areas of specialty/work**

Nursery

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**Phone**

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**Email**

vaeziali@yahoo.com

**Person responsible for updating data**

**Contact**

**Name of organization / entity**

Yazd University of Medical Sciences

**Full name of responsible person**

Sanaz Behzadi

**Position**

MSc

**Latest degree**

Bachelor

**Other areas of specialty/work**

Geriatrics

**Street address**

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**City**

Yazd

**Province**

Yazd

**Postal code**

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**Phone**

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**Email**

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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**

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**

No - There is not a plan to make this available

**Clinical Study Report**

No - There is not a plan to make this available

**Analytic Code**

No - There is not a plan to make this available

**Data Dictionary**

No - There is not a plan to make this available