

Clinical Trial Protocol

Iranian Registry of Clinical Trials

28 Sep 2026

The Effect of Yoga Techniques on Women's Sexual Function and Sexual Quality of Life after vaginal delivery

Protocol summary

Study aim

Determining the effect of Yoga techniques on quality of sexual life and sexual functioning of women after normal birth

Design

It's a clinical trial study which the participants will be divided to two groups (n = 25). Before and 1,2 and 3 months after the intervention, their sexual function and sexual quality of life will be measured by the FSFI and SQOL questionnaire. Women in the intervention group will be trained by yoga techniques for 60 minutes (twice a week for 3 months).

Settings and conduct

This study will be a clinical trial. Samples will be collected at health centers in Isfahan. In the intervention group, practical training of yoga techniques will be conducted twice a week for 3 months (twelve sessions in total). The sexual function and sexual quality of life will be assessed and the control group will be assessed monthly by telephone or face to face.

Participants/Inclusion and exclusion criteria

50 postpartum primiparous women who enter the study according to the characteristics of the research study.

Intervention groups

In the intervention group, practical training of yoga techniques will be conducted twice a week for 3 months (twelve sessions in total). These sessions will be held in 60-minute classes and the samples will be checked at the end of the first month. At the end of the second month and also at the end of the third month, the questionnaire will assess sexual dysfunction and quality of life. The control group will also be assessed monthly (before the start of the study, at the end of the first month, at the end of the second month, at the end of the third month) by a questionnaire by phone or face to face, and after evaluation period a free yoga course for the control group will be conducted if they wish.

Main outcome variables

Sexual function Sexual quality of life

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20191023045221N1**

Registration date: **2019-12-21, 1398/09/30**

Registration timing: **prospective**

Last update: **2019-12-21, 1398/09/30**

Update count: **0**

Registration date

2019-12-21, 1398/09/30

Registrant information

Name

farzaneh shadani

Name of organization / entity

Tarbiat modares university

Country

Iran (Islamic Republic of)

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Email address

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Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2019-12-22, 1398/10/01

Expected recruitment end date

2020-06-04, 1399/03/15

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The Effect of Yoga Techniques on Women's Sexual Function and Sexual Quality of Life after vaginal delivery

Public title

The effect of yoga on women's sexual Function

Purpose

Treatment

Inclusion/Exclusion criteria**Inclusion criteria:**

Primiparous women with normal delivery at reproductive age (15-45 years) Starting sexual intercourse after delivery Not having a known disease Not having mental illness Being single spouse and living with spouse now and during the study Literacy of reading and writing Persian language 8-16 weeks after vaginal delivery Being Iranian and resident in Isfahan Having a healthy baby Having exclusive breastfeeding with breast milk Not-practicing yoga in control group

Exclusion criteria:**Age**

From **15 years** old to **45 years** old

Gender

Female

Phase

2

Groups that have been masked

No information

Sample size

Target sample size: **25**

Randomization (investigator's opinion)

Randomized

Randomization description

Block randomization will be used for randomizing participants within blocks such that an equal number are assigned to treatment. in this study which given a block size of 4, there are 6 possible ways to equally assign participants to a block. Allocation proceeds by randomly selecting one of the orderings and assigning the next block of participants to study groups according to the specified sequence

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 Tarbiat Modarres University

Street address

Jalal Al-Ahmad Highway, Faculty of Medical Sciences, Tarbiat Modares University, Tehran, Iran.

City

Tehran

Province

Tehran

Postal code

14115-111

Approval date

1919-10-23, 1298/07/30

Ethics committee reference number

IR.MODARES.REC.1398.145

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

Sexual dysfunction

ICD-10 code

F52

ICD-10 code description

Sexual dysfunction not due to a substance or known physiological condition

Primary outcomes**1****Description**

Measuring the female sexual function

Timepoint

Before the intervention, 1,2,3 months after the start of the intervention

Method of measurement

Female Sexual Function Index

2**Description**

Measuring the female sexual quality of life

Timepoint

Before the intervention, 1,2,3 months after the start of the intervention

Method of measurement

The Sexual Quality of Life-Female (SQOL-F) questionnaire

Secondary outcomes

empty

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

In the intervention group, practical training of yoga techniques will be conducted twice a week for 3 months (twelve sessions in total). These sessions will be held in 60-minute classes and the samples will be checked at the end of the first month At the end of the second month and also at the end of the third month, the

questionnaire will assess sexual dysfunction and quality of life.

Category

Treatment - Other

2

Description

Control group: The control group will not manipulated and will assessed monthly (before the start of the study, at the end of the first month, at the end of the second month, at the end of the third month) by a questionnaire by phone or face to face, and after evaluation period a free yoga course for the control group will be conducted if they wish.

Category

N/A

Recruitment centers

1

Recruitment center

Name of recruitment center

Isfahan Health Centers

Full name of responsible person

Shadab Shahali

Street address

Khorasgan squar

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8879125461

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shadab.shahali@modares.ac.ir

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Tarbiat modares university

Full name of responsible person

Yaghob Fathollahi

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Jalal Al-Ahmad Highway, Faculty of Medical Sciences,
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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

Tarbiat modares university

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

Tarbiat Modares University

Full name of responsible person

Shadab Shahali

Position

Assistant Professor

Latest degree

Ph.D.

Other areas of specialty/work

Reproductive Health

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Person responsible for scientific inquiries

Contact

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Tarbiat Modares University

Full name of responsible person

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Position

Assistant Professor

Latest degree

Ph.D.

Other areas of specialty/work

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Person responsible for updating data

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Full name of responsible person

Farzaneh Shadani

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Latest degree

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Midwifery

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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

No - There is not a plan to make this available

Informed Consent Form

No - There is not a plan to make this available

Clinical Study Report

Yes - There is 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

Title and more details about the data/document

Some of the main outcome data will be shared.

When the data will become available and for how long

Start access period from 2021

To whom data/document is available

Researchers

Under which criteria data/document could be used

For research and after sending the request letter to corresponding author

From where data/document is obtainable

Corresponding author, Department of midwifery and reproductive health, Faculty of Medical Sciences, Tarbiat Modares University, Tehran, Iran

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

After receiving the request to the corresponding author, the request will be sent to the research unit of Tarbiat Modares University and analyzed data will be provided to researcher

Comments