

Clinical Trial Protocol

Iranian Registry of Clinical Trials

05 Jul 2026

The effect of yoga exercises on life satisfaction in caregivers of elderly people living at home

Protocol summary

Study aim

Determining the Impact of Life Satisfaction on Caregivers of Elderly People at Home

Design

The clinical trial has a randomized, single-blind control group.

Settings and conduct

Intervention at a sports club in the city center.

Participants/Inclusion and exclusion criteria

Entry requirements 1. Minimum literacy 2. Assign at least 31 hours of daily care per week for at least 3 months 3. Physical ability to attend yoga classes 4. No history of attending yoga classes 5. Minimum age of participants is 18 years and maximum 50 years Non-arrival conditions 1. Absent more than three sessions of yoga exercises 2. Elderly disease worsens

Intervention groups

The intervention group was divided into two groups: 1 and 2, then the intervention was performed in the experimental group for 4 weeks, three times a week for 90 minutes in a downtown sports club in both intervention groups. The training was conducted on different days of the week. To control the ethics of the study, the control group prepared a training booklet on yoga exercises and exercises and presented to the control group after the end of the study.

Main outcome variables

Feeling satisfied with life in the care of the elderly

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20191106045353N1**

Registration date: **2019-11-14, 1398/08/23**

Registration timing: **retrospective**

Last update: **2019-11-14, 1398/08/23**

Update count: **0**

Registration date

2019-11-14, 1398/08/23

Registrant information

Name

Zahra Kaveh

Name of organization / entity

Country

Iran (Islamic Republic of)

Phone

+98 86 4221 1896

Email address

zkaveh@razi.tums.ac.ir

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2018-11-22, 1397/09/01

Expected recruitment end date

2018-12-23, 1397/10/02

Actual recruitment start date

2018-11-22, 1397/09/01

Actual recruitment end date

2018-12-23, 1397/10/02

Trial completion date

2019-01-21, 1397/11/01

Scientific title

The effect of yoga exercises on life satisfaction in caregivers of elderly people living at home

Public title

The effect of yoga exercises on life satisfaction

Purpose

Supportive

Inclusion/Exclusion criteria

Inclusion criteria:

Minimum literacy Assign at least 31 hours of daily care

per week for at least 3 months Physical ability to attend yoga classes No history of attending yoga classes Minimum age 18 and up to 50 year

Exclusion criteria:

Absent more than 3 sessions of yoga classes Elderly disease worsens

Age

From **18 years** old to **50 years** old

Gender

Both

Phase

N/A

Groups that have been masked

- Participant

Sample size

Target sample size: **80**

Actual sample size reached: **80**

Randomization (investigator's opinion)

Randomized

Randomization description

Random allocation was performed using a random number table. To use the random number table, the framework of the statistical community was first specified. The researcher accidentally started moving from one point in the table to the left of the table. The point selection was done by blindfolding and placing the tip of the pen on the table. Envelopes were given to the participants and the relevant codes were inserted into them, and the study participants were sealed. The envelopes were sealed in such a way that the content was not clear and the participants were given an entry order. Due to the double-digit statistical population, participants were given two-digit codes.

Blinding (investigator's opinion)

Single blinded

Blinding description

Participants, community health center (sampling center) personnel, and individuals who assisted in collecting information about participants were recruited when participants were divided into control and intervention groups. The randomization was unaware .80 envelopes were considered and the relevant codes were inserted and the participants in the study were sealed and the contents were unclear. Participants were given the order of inclusion according to the two-digit statistical population of the two-digit codes given to the participants. . 40 patients in the intervention group and 40 in the control group.

Placebo

Not used

Assignment

Parallel

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Ethics Committee of Faculty of Nursing and Midwifery and Faculty of Rehabilitation-Tehran University

Street address

Headquarters of the Ministry of Health and Medical Education, between South Flamak and Zarafshan, Iran Sima Ave, Qods Town (West), Tehran

City

Tehran

Province

Tehran

Postal code

1419733171

Approval date

2018-11-06, 1397/08/15

Ethics committee reference number

IR.TUMS.FNM.REC.1397.147

Health conditions studied

1

Description of health condition studied

Yoga and Feeling satisfied with life in the care of the elderly

ICD-10 code

ICD-10 code description

Primary outcomes

1

Description

Feeling satisfied with life in the care of the elderly

Timepoint

After intervention and 4 weeks after intervention

Method of measurement

Life Satisfaction Questionnaire.Q-LES-Q-SF

Secondary outcomes

empty

Intervention groups

1

Description

Intervention group: In this group yoga exercises were performed for 4 weeks, 90 minutes and three times a week by the intervention group.

Category

Lifestyle

2

Description

Control group: This group does not do any intervention, but in the end of intervention, this group will be given a

yoga pamphlet.

Category

Lifestyle

Recruitment centers

1

Recruitment center

Name of recruitment center

Mustafa Khomeini Community Health Center of Saveh

Full name of responsible person

Rostamkhan

Street address

Shariati Ave. Mustafa Khomeini Community Health Center

City

Saveh

Province

Markazi

Postal code

9177899191

Email

info@savehuns.ac.ir

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Tehran University of Medical Sciences

Full name of responsible person

Seyedeh Fatemeh Waheq Rahimparvar

Street address

Dr. Mirkhani St. (East Nosrat),Tohid Square

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Province

Tehran

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1419733171

Phone

+98 21 6694 1669

Email

fnm-researchdeputy@tums.ac.ir

Grant name

Grant code / Reference number

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

Yes

Title of funding source

Tehran 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

Tehran University of Medical Sciences

Full name of responsible person

Zahra Kaveh

Position

Masters student

Latest degree

Bachelor

Other areas of specialty/work

Nursery

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Person responsible for scientific inquiries

Contact

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Position

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Latest degree

Bachelor

Other areas of specialty/work

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Person responsible for updating data

Contact

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Sharing plan

Deidentified Individual Participant Data Set (IPD)

Yes - There is a plan to make this available

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

Yes - There is a plan to make this available

Data Dictionary

Yes - There is a plan to make this available

Title and more details about the data/document

Demographic information is available but the names of the participants are not known.

When the data will become available and for how long

Start access period after printing results

To whom data/document is available

For university and non-university students

Under which criteria data/document could be used

No special conditions

From where data/document is obtainable

See Researcher. (Zahra Kaveh) z.kaveh1373@yahoo.com

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

The applicant can send an email.

Comments