

Clinical Trial Protocol

Iranian Registry of Clinical Trials

04 Jul 2026

Comparison of the effectiveness of aerobic, anaerobic and yoga exercises on the level of anxiety of the medical staff during the peak of the corona virus

Protocol summary

Study aim

A comparison of aerobic and anaerobic yoga exercises on reducing the risks of the medical staff during the peak of Corona

Design

The clinical trial will have 3 test groups and a control group, which will be done by random sampling with statistical software.

Settings and conduct

This plan will be carried out in the Medical Sciences Hospital of Kherameh city In the form of an intervention that will be carried out during 8 one-hour sessions in the protocol of aerobic and anaerobic exercises and yoga with the experimental group, and the control group will not receive any intervention.

Participants/Inclusion and exclusion criteria

Conditions for entering the research: Volunteer employees who are able to cooperate Exit conditions: No use of psychiatric drugs

Intervention groups

In this intervention, we will improve the anxiety caused by Corona. This research is a semi-experimental and field study with a pre-test and post-test design with a control group and using the selection of subjects in the test and control groups, in which the effectiveness of the independent variable (three sports styles, aerobic and anaerobic exercises) will be compared and yoga) will be investigated on the dependent variable of anxiety. The selection of employees is a random cluster type that we will conduct intervention with 3 experimental groups during eight sessions, and the control group will not receive any intervention

Main outcome variables

anxiety

General information

Reason for update

Acronym

ندارد

IRCT registration information

IRCT registration number: **IRCT20221004056087N1**

Registration date: **2022-10-16, 1401/07/24**

Registration timing: **retrospective**

Last update: **2022-10-16, 1401/07/24**

Update count: **0**

Registration date

2022-10-16, 1401/07/24

Registrant information

Name

Mohammad Ranjbar

Name of organization / entity

Country

Iran (Islamic Republic of)

Phone

+98 71 5884 9856

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izadimahboobeh4@gmail.com

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2021-08-23, 1400/06/01

Expected recruitment end date

2022-02-04, 1400/11/15

Actual recruitment start date

2021-11-06, 1400/08/15

Actual recruitment end date

2022-02-04, 1400/11/15

Trial completion date

2022-02-04, 1400/11/15

Scientific title

Comparison of the effectiveness of aerobic, anaerobic and yoga exercises on the level of anxiety of the medical staff during the peak of the corona virus

Public title

Comparison of the effect of various exercises on anxiety

Purpose

Other

Inclusion/Exclusion criteria

Inclusion criteria:

Volunteer employees who are able to cooperate

Exclusion criteria:

No use of psychiatric drugs Not using other psychological intervention

Age

No age limit

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: 60

Actual sample size reached: 60

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

Arsanjan Islamic Azad University

Street address

Phase three of Danesh Boulevard, the end of the first floor boulevard

City

kherameh

Province

Fars

Postal code

۷۳۴۱۱۵۵۶۹

Approval date

2022-09-03, 1401/06/12

Ethics committee reference number

IR.IAU.A.REC.1401.014

Health conditions studied

1

Description of health condition studied

Anxiety

ICD-10 code

F41.1

ICD-10 code description

Generalized anxiety disorder

Primary outcomes

1

Description

The level of anxiety

Timepoint

Measurement before starting sports training and measurement after four training sessions in 28 days

Method of measurement

Cohen questionnaire and Dass questionnaire

Secondary outcomes

empty

Intervention groups

1

Description

Intervention group 1: with the subjects of this intervention group for 8 1-hour sessions of aerobic exercises that started from the warm-up phase to the exercises related to that style and finally ended with cooling down, which will also be provided to the employees in the form of a brochure. It will be taken as a result of Corona

Category

Other

2

Description

Intervention group 2: with the subjects of this intervention group, for 8 sessions of 1 hour, anaerobic exercises, which started from the warm-up stage to the exercises related to that style and finally ended with cooling down, which will also be provided to the employees in the form of a brochure. It will be taken for the anxiety caused by Corona

Category

Other

3

Description

Intervention group 3: with the subjects of this

intervention group for 8 sessions of 1 hour of yoga exercises, which started from the warm-up phase to the exercises related to that style and finally ends with cooling down, which will also be provided to the employees in the form of a brochure. The anxiety caused by Corona will be done

Category

Other

4**Description**

Control group1: No intervention will be done with the subjects of this group

Category

Other

Recruitment centers**1****Recruitment center****Name of recruitment center**

Javad Imam Hospital kherameh

Full name of responsible person

Mohammad Shahabian Moghadam

Street address

Mohammad Shahabian Moghadam

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Sponsors / Funding sources**1****Sponsor****Name of organization / entity**

Iran University of Medical Sciences

Full name of responsible person

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Grant name

does not have

Grant code / Reference number

ندارد

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

No

Title of funding source

does not have

Proportion provided by this source

1

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**

Islamic Azad University

Full name of responsible person

Heydar Aqababa

Position

Faculty member

Latest degree

Ph.D.

Other areas of specialty/work

Anatomy

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Person responsible for scientific inquiries**Contact****Name of organization / entity**

Islamic Azad University

Full name of responsible person

Heydar Aqababa

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Latest degree

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Other areas of specialty/work

Anatomy

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Person responsible for updating data

Contact

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Full name of responsible person

Heydar Aghababa

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Latest degree

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Other areas of specialty/work

Anatomy

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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

Not applicable

Analytic Code

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

Data Dictionary

Not applicable

Title and more details about the data/document

Based on the questionnaires and field research, she investigated and analyzed the data

When the data will become available and for how long

After the completion of the research project and statistical data analysis, it will be possible to access the data

To whom data/document is available

Executive and research officer of the university

Under which criteria data/document could be used

It can be used as the use of research findings and discretion of the university authorities

From where data/document is obtainable

Refer to the person in charge of the research project

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

The application can be implemented by taking the listed numbers or emailing the executive or the person in charge of the research project while coordinating with the relevant authorities.

Comments