

Clinical Trial Protocol

Iranian Registry of Clinical Trials

18 Sep 2026

The effect of online yoga on anxiety, stress, and quality of life of patients after coronary artery bypass graft surgery

Protocol summary

Study aim

Determining the effect of online yoga on anxiety, stress and quality of life of patients after coronary artery transplant surgery.

Design

Selection of people available and then by simple randomization in two control and intervention groups, two groups are matched in terms of age, gender and number of grafts, one strain is blind.

Settings and conduct

Yoga is online. The beginning of each session is related to good human qualities such as kindness and we want until the next session to avoid the trait of anger and so that they can give kindness and smile to themselves and those around them. They will be relaxed and then they will perform abdominal and chest breathing exercises and then three sitting asana movements including Paschi Motan Asana, Bhojanga Asana, Navasana and two standing asana movements including Otan Asana and Ardachandrasan will be performed in patients. Relaxation in soft light for 15 minutes will be the good end of the session.

Participants/Inclusion and exclusion criteria

Entry criteria: less than 75 years old, ability to communicate in Farsi, ability to read and write, patient with a smartphone and the ability to use social networks, permission to participate in an online yoga class according to the opinion of a cardiologist, ability to do yoga Exit criteria: if the person is not able to do yoga for any reason, not filling out the questionnaire completely (10%), not attending more than 3 sessions

Intervention groups

People in the control group receive routine rehabilitation interventions, but in the intervention group, in addition to that, yoga exercises under the supervision of a yoga specialist and a cardiologist, twice a week and each time for one hour during two months, online in the networks will be held virtually.

Main outcome variables

Effects on anxiety and stress and quality of life of patients after coronary artery transplant surgery

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20180913041030N2**

Registration date: **2022-11-22, 1401/09/01**

Registration timing: **prospective**

Last update: **2022-11-22, 1401/09/01**

Update count: **0**

Registration date

2022-11-22, 1401/09/01

Registrant information

Name

Roghayeh Mehdipour Rabori

Name of organization / entity

Country

Iran (Islamic Republic of)

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Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2022-12-20, 1401/09/29

Expected recruitment end date

2023-04-18, 1402/01/29

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effect of online yoga on anxiety, stress, and quality of life of patients after coronary artery bypass graft surgery

Public title

The effect of online yoga on anxiety, stress, and quality of life of patients after coronary artery bypass graft surgery

Purpose

Supportive

Inclusion/Exclusion criteria**Inclusion criteria:**

less than 75 years old Establish communication in persian language Ability to read and write The patient has a smartphone and has the ability to use social networks. She/he is allowed to participate in the online yoga class according to the cardiologist's opinion. Have the ability to do yoga.

Exclusion criteria:

If a person is not able to do yoga for any reason (such as musculoskeletal disease, history of mental illness, personal problems, severe chest pain during yoga exercises, new cardiac arrhythmia). incomplete filling of the questionnaire (10%) Not attending more than 3 online yoga sessions

Age

To **75 years** old

Gender

Both

Phase

N/A

Groups that have been masked

- Data analyser

Sample size

Target sample size: **82**

Randomization (investigator's opinion)

Randomized

Randomization description

The samples will be selected between the patients according to the study entry criteria, then they will be placed in two equal groups (Control and intervention) by simple random. In fact, the names of the patients already exist, and the researchers put the names in a container and draw one among them by chance, and one is placed in the control group and the other in the intervention group.

Blinding (investigator's opinion)

Single blinded

Blinding description

The analyst does not know who is in the control group and who is in the intervention group.

Placebo

Not used

Assignment

Parallel

Other design features**Secondary Ids**

empty

Ethics committees**1****Ethics committee****Name of ethics committee**

Ethics Committee of Kerman University of Medical Sciences

Street address

کرمان, ابتدای محور هفت باغ علوی, پردیس دانشگاه علوم پزشکی کرمان

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Approval date

2022-11-07, 1401/08/16

Ethics committee reference number

IR.KMU.REC.1401.317

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

Patients after coronary artery bypass surgery

ICD-10 code

Z50.0

ICD-10 code description

Z50.0

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

Anxiety score in DASS21 questionnaire

Timepoint

The beginning of the study (before the start of the intervention) and two months after the start of yoga

Method of measurement

Anxiety, stress and depression questionnaire DASS21

2**Description**

Stress score in DASS 21 questionnaire

Timepoint

At the beginning of the study (before the start of the intervention) and two months after the start of the intervention (yoga)

Method of measurement

Anxiety, stress and depression questionnaire DASS21

3

Description

Quality of life score in MacNew questionnaire

Timepoint

At the beginning of the study (before the start of the intervention) and two months after the start of the intervention (yoga)

Method of measurement

MacNew Quality of Life Questionnaire

Secondary outcomes

empty

Intervention groups

1

Description

Intervention group: Patients for whom yoga intervention is performed after coronary artery bypass surgery. Yoga under the supervision of a yoga specialist and the supervision and approval of a cardiologist, twice a week and each time for one hour during two months, will be held online on virtual networks (the first session in person)

Category

Rehabilitation

2

Description

Control group: Patients for whom yoga intervention is not performed after coronary artery transplant surgery. People in the control group receive routine interventions.

Category

Rehabilitation

Recruitment centers

1

Recruitment center

Name of recruitment center

shafa hospital

Full name of responsible person

Roghayeh Mehdipour Rabori

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Kerman University of Medical Sciences

Full name of responsible person

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Grant name

Grant code / Reference number

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

No

Title of funding source

personal

Proportion provided by this source

100

Public or private sector

Private

Domestic or foreign origin

Domestic

Category of foreign source of funding

empty

Country of origin

Type of organization providing the funding

Other

Person responsible for general inquiries

Contact

Name of organization / entity

Kerman University of Medical Sciences

Full name of responsible person

Roghayeh Mehdipour Rabori

Position

Associated professor

Latest degree

Ph.D.

Other areas of specialty/work

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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

Relied on secrecy

Study Protocol

No - There is not 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

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