

Clinical Trial Protocol

Iranian Registry of Clinical Trials

01 Jun 2026

The effect of yoga exercise on fatigue severity and quality of life of patients with Multiple Sclerosis

Protocol summary

Summary

The objective of this clinical trial study was to investigate the effect of Yoga on multiple sclerosis. A total of 60 patients with MS from Kohgiluyeh and Boirahmad province were randomly assigned into intervention or control groups. The patients in the intervention groups received Yoga therapy for a period of 3 months, eight 1-1.5 hour sessions per month. Severity of fatigue and quality of life were measured by using a standard questionnaire and MSQoL-54 questionnaire, respectively, and compared between the groups.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT201104266303N1**
Registration date: **2011-05-07, 1390/02/17**
Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2011-05-07, 1390/02/17

Registrant information

Name

Shahla Najafi doulatabad

Name of organization / entity

University of medical science

Country

Iran (Islamic Republic of)

Phone

+98 74 1223 4115

Email address

najafi.shahla@yums.ac.ir

Recruitment status

Recruitment complete

Funding source

Yasouj University of Medical Sciences

Expected recruitment start date

2008-08-17, 1387/05/27

Expected recruitment end date

2010-12-20, 1389/09/29

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effect of yoga exercise on fatigue severity and quality of life of patients with Multiple Sclerosis

Public title

The effect of yoga on MS

Purpose

Supportive

Inclusion/Exclusion criteria

Inclusion criteria: no other diseases such as: epilepsy, cardio-vascular, metabolic, or psychiatric diseases, having at least 14 years old, at least two years history of being affected to MS disease, ability to do Yoga exercises
Exclusion criteria: being at the acute stage of the disease, simultaneous performing of other self-care programs effective on the quality of life

Age

From **14 years** old to **70 years** old

Gender

Female

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **60**

Randomization (investigator's opinion)

Randomized
Randomization description
Blinding (investigator's opinion)
Not blinded
Blinding description
Placebo
Not used
Assignment
Other
Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Yasouj University of Medical Sciences, Ethics committee

Street address

Yasouj University of Medical Sciences, Yasouj

City

Yasouj

Postal code

7591958191

Approval date

2008-07-12, 1387/04/22

Ethics committee reference number

5/22/4/87

Health conditions studied

1

Description of health condition studied

Multiple sclerosis

ICD-10 code

G35

ICD-10 code description

Multiple sclerosis

Primary outcomes

1

Description

fatigue

Timepoint

1 month -45 Day- 3 month

Method of measurement

questioner

2

Description

quality of life

Timepoint

Baseline and 1 month, 45 days, and 3 months later

Method of measurement

MSQoL-54 questionnaire

Secondary outcomes

empty

Intervention groups

1

Description

Yoga therapy for a period of 3 months, each month included eight 1-1.5 hour sessions

Category

Behavior

2

Description

No intervention

Category

N/A

Recruitment centers

1

Recruitment center

Name of recruitment center

Yasouj University of Medical Sciences

Full name of responsible person

Shahla najafi

Street address

Nursing & midwifery college, Emam Sajad hospital, Yasouj, Iran

City

Yasouj

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Yasouj University of Medical Sciences

Full name of responsible person

Dr. Haibatallah Sadeghi

Street address

Nursing and midwifery faculty, Emam Sajad hospital, Yasouj

City

Yasouj

Grant name

ندارد

Grant code / Reference number

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

Yes

Title of funding source

Yasouj University of Medical Sciences

Proportion provided by this source

100

Public or private sector

empty

Domestic or foreign origin

empty

Category of foreign source of funding

empty

Country of origin

Type of organization providing the funding

empty

Person responsible for general inquiries

Contact

Name of organization / entity

Yasouj University of Medical Sciences

Full name of responsible person

Shahla Najafi Doulatabad

Position

MSc

Other areas of specialty/work

Street address

Nursing and midwifery faculty, Emam Sajad hospital,
Yasouj

City

Yasouj

Postal code

7591958191

Phone

+98 74 1223 4115

Fax

+98 74 1223 4115

Email

najafi.shahla@yums.ac.ir

Web page address

Person responsible for scientific inquiries

Contact

Name of organization / entity

Yasouj University of Medical Sciences

Full name of responsible person

Shahla Najafi Doulatabad

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Person responsible for updating data

Contact

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Yasouj University of Medical Sciences

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Email

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Web page address

Sharing plan

Deidentified Individual Participant Data Set (IPD)

empty

Study Protocol

empty

Statistical Analysis Plan

empty

Informed Consent Form

empty

Clinical Study Report

empty

Analytic Code

empty

Data Dictionary

empty