

Clinical Trial Protocol

Iranian Registry of Clinical Trials

09 Jun 2026

The effect of eight weeks of yoga training program on pelvic floor muscle strength, bladder neck descent, urinary control, urogenital hiatus diameter and urethral rotation angles in female athletes with stress urinary incontinence due to training intensity.

Protocol summary

Study aim

Investigating the effect of eight weeks of yoga training program on muscle strength, bladder neck descent, urinary control and hiatus diameter, urethral rotation angles in female athletes

Design

After the evaluation according to the entry criteria, 20 people were selected for this study and then randomly divided into two control and experimental groups. People in the experimental group will continue their routine for eight weeks of practice and control.

Settings and conduct

Examination of the severity and type of urinary incontinence and quality of life with ICIQ-UI-SF, IQOL questionnaires and assessment of bladder neck descent and hiatus diameter and urethral rotation angles with ultrasound, assessment of pelvic floor muscle strength by clinical assessment of vaginal palpation by a gynecologist in Taleghani Hospital Tehran was done..

Participants/Inclusion and exclusion criteria

Entry: Female aged 20-35 suffering from stress urinary incontinence with a history of sports. not entering: diabetes, urinary tract infection, eating disorders. Pregnancy less than ten years,

Intervention groups

Experimental group (yoga exercises): After evaluating the patients, 10 people were selected for this group and after obtaining a written consent and information form including age and sports history, among these people, pre-tests of the ICIQ-UI-SF questionnaire and IQOL, ultrasound and vaginal touch evaluation will be done from them, and after eight weeks, the post-test exercise will be done like the pre-test. Written letter and information form including age and sports history, etc., of these people, pre-tests of ICIQ-UI-SF and IQOL questionnaires, ultrasound and vaginal palpation

evaluation will be done from them and finally the post-test will be done

Main outcome variables

Urinary control intensity, bladder neck descent, hiatus diameter, urethral rotation angles, pelvic floor muscle strength.

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20230113057119N1**

Registration date: **2023-03-04, 1401/12/13**

Registration timing: **retrospective**

Last update: **2023-03-04, 1401/12/13**

Update count: **0**

Registration date

2023-03-04, 1401/12/13

Registrant information

Name

Maryam Shirzad

Name of organization / entity

Shahid Rajaei Teacher Training University

Country

Iran (Islamic Republic of)

Phone

+98 21 2250 0149

Email address

maryam90_sh@yahoo.com

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2023-01-16, 1401/10/26

Expected recruitment end date

2023-02-15, 1401/11/26

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effect of eight weeks of yoga training program on pelvic floor muscle strength, bladder neck descent, urinary control, urogenital hiatus diameter and urethral rotation angles in female athletes with stress urinary incontinence due to training intensity.

Public title

The effect of yoga training program on pelvic floor muscle strength, bladder neck descent, urinary control, urogenital hiatus diameter and urethral rotation angles in female athletes with stress urinary incontinence due to training intensity.

Purpose

Treatment

Inclusion/Exclusion criteria**Inclusion criteria:**

be a woman Suffering from stress urinary incontinence
Sports history Have not done yoga for at least six months

Exclusion criteria:

Having diabetes Lack of cooperation smoking urinary tract infection hormonal drugs Menopause high BMI taking contraceptives eating disorders pregnancy less than ten years and more than twice history of pelvic floor surgery in the previous year pelvic pain in digital examination

AgeFrom **20 years** old to **35 years** old**Gender**

Female

Phase

N/A

Groups that have been masked*No information***Sample size**Target sample size: **20****Randomization (investigator's opinion)**

Randomized

Randomization description

Simple random - lottery (in this method, the researcher gives a code or a special number to each member of the society. Then he writes down the number of each of them on a piece of paper, then he pours them into a container and shakes them. Then the papers are separated one by one. take them out, write down their numbers and divide them into experimental and control groups)

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**

Shahid Beheshti University

Street address

Unit 1 , East First Floor , NO 32, Moosavi Alley , South Kerman Sq , Qassem Soleimani Highway

City

Tehran

Province

Tehran

Postal code

1634666416

Approval date

2022-03-12, 1400/12/21

Ethics committee reference number

IR.SBU.REC.1400.267

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

Stress Urinary Incontinence (SUI)

ICD-10 code

N39.3

ICD-10 code description

Stress incontinence (female) (male)

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

Urinary Incontinence

Timepoint

Before eight weeks of yoga and after eight weeks of yoga.

Method of measurement

Incontinence Questionnaire-Urinary Incontinence Short Form (ICIQ-UI SF)

Secondary outcomes**1****Description**

Urinary Incontinence Quality Of Life

Timepoint

Before and after eight weeks of yoga.

Method of measurement

Incontinence Quality Of Life(IQOL)

2

Description

Bladder neck descent

Timepoint

Before and after eight weeks of yoga

Method of measurement

Ultrasound

3

Description

The diameter of the urogenital hiatus

Timepoint

Before and after eight weeks of yoga

Method of measurement

Ultrasound

4

Description

Pelvic floor muscle strength

Timepoint

Before and after eight weeks of yoga

Method of measurement

Vaginal touch clinical test

5

Description

Angles of rotation of the urethra

Timepoint

Before and after eight weeks of yoga

Method of measurement

Ultrasound

Intervention groups

1

Description

Intervention: Yoga exercises group. After checking the records and evaluation using the form to collect information such as age, sports history, pregnancy history, disease history and drug use, etc and the international form of urinary incontinence from the patients,10 people will be selected with stress urinary incontinence. Then these people will be invited by signing the consent form. until the pre-test (quality of life questionnaire, two-dimensional ultrasound of pelvic floor muscles and clinical assessment of vaginal touch) and after the implementation of yoga rehabilitation exercise program to strengthen pelvic floor muscles and core muscles and breathing exercises for eight weeks in three sessions An hour and a quarter per week and in each session, a post-test (quality of life questionnaire, two-dimensional ultrasound of the pelvic floor muscles and clinical assessment of vaginal palpation) is performed.

Category

Rehabilitation

2

Description

Intervention: Yoga exercises group. After checking the records and evaluation using the form to collect information such as age, sports history, pregnancy history, disease history and drug use, etc and the international form of urinary incontinence from the patients,10 people will be selected with stress urinary incontinence. Then these people will be invited by signing the consent form. until the pre-test (quality of life questionnaire, two-dimensional ultrasound of pelvic floor muscles and clinical assessment of vaginal touch) and in these four weeks he continued with his routine activities and finally a post-test (quality of life questionnaire, two-dimensional ultrasound of the pelvic floor muscles and clinical assessment of vaginal palpation) is performed.

Category

Rehabilitation

Recruitment centers

1

Recruitment center

Name of recruitment center

Sport Clubs

Full name of responsible person

Maryam Shirzad

Street address

Unit 1 , East First Floor , NO 32,Moosavi Alley , South Kerman Sq , Qassem Soleimani Highway

City

Tehran

Province

Tehran

Postal code

1634666416

Phone

+98 21 2250 0149

Email

maryam90_sh@yahoo.com

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Shahid Beheshti University of Medical Sciences

Full name of responsible person

Afshar Jafari

Street address

School of Sport and Health Sciences, Shahid Beheshti Univercity, Shahid Dr , Shahriari Square (Univercity Square), Rashiduddin Fazlulla St.,Yaman St., Velenjak,Chamran Highway,Tehran

City

Tehran

Province

Tehran
Postal code
1983969411
Phone
+98 58 2429 9021
Email
Af_jafari@sbu.ac.ir
Grant name
Grant code / Reference number
Is the source of funding the same sponsor organization/entity?
Yes
Title of funding source
Shahid Beheshti 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
Other

Person responsible for general inquiries

Contact

Name of organization / entity
Shahid Beheshti University of Medical Sciences
Full name of responsible person
Fariborz Hovanlo
Position
Associate Professor
Latest degree
Ph.D.
Other areas of specialty/work
Physical Education
Street address
School of Sport and Health Sciences, Shahid Beheshti University, Shahid Dr , Shahriari Square (University Square), Rashiduddin Fazlulla St.,Yaman St., Velenjak,Chamran Highway,Tehran
City
Tehran
Province
Tehran
Postal code
1983969411
Phone
+98 21 2990 5821
Email
f_hovanloo@sbu.ac.ir

Person responsible for scientific inquiries

Contact

Name of organization / entity
Shahid Beheshti University of Medical Sciences
Full name of responsible person

Fariborz Hovanlo
Position
Associate Professor
Latest degree
Ph.D.
Other areas of specialty/work
Physical Education
Street address
School of Sport and Health Sciences, Shahid Beheshti University, Shahid Dr , Shahriari Square (University Square), Rashiduddin Fazlulla St.,Yaman St., Velenjak,Chamran Highway,Tehran
City
Tehran
Province
Tehran
Postal code
1983969411
Phone
+98 21 2990 5821
Email
f_hovanloo@sbu.ac.ir

Person responsible for updating data

Contact

Name of organization / entity
Shahid Beheshti University of Medical Sciences
Full name of responsible person
Fariborz Hovanlo
Position
Associate Professor
Latest degree
Ph.D.
Other areas of specialty/work
Physical Education
Street address
School of Sport and Health Sciences, Shahid Beheshti University, Shahid Dr , Shahriari Square (University Square), Rashiduddin Fazlulla St.,Yaman St., Velenjak,Chamran Highway,Tehran
City
Tehran
Province
Tehran
Postal code
1983969411
Phone
+98 21 2990 5821
Email
f_hovanloo@sbu.ac.ir

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

The information about the subjects is personal and will not be shared with others.

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
No - There is not 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
All information except the personal information.
When the data will become available and for how long

Six months after the results are published.
To whom data/document is available
All researchers
Under which criteria data/document could be used
The use of research result is unimpeded by acquiring the source
From where data/document is obtainable
maryam90_sh@yahoo.com
What processes are involved for a request to access data/document
At least two working days.
Comments