

Clinical Trial Protocol

Iranian Registry of Clinical Trials

17 Sep 2026

Evaluate the effect of yoga on improving the clinical symptoms of polycystic ovary syndrome in infertile women

Protocol summary

Registration timing: **registered_while_recruiting**

Study aim

Determining the effect of yoga on improving the clinical symptoms of polycystic ovary syndrome in infertile women

Last update: **2026-08-25, 1405/06/03**

Update count: **2**

Registration date

2023-08-13, 1402/05/22

Design

The study of a clinical trial with unblinded parallel groups including the intervention group that does yoga and the control group that does not receive any intervention. includes 128 samples in two groups of 64 people who are divided by random block method.

Registrant information

Name

Shamim Pilevari

Name of organization / entity

Country

Iran (Islamic Republic of)

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Email address

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Settings and conduct

This is a randomized clinical trial study on 128 infertile women with pcos referred to Fatemeh Hospital in Hamadan in 2023-2024. In addition to routine treatment, the intervention group will do yoga for 3 months and the control group will receive routine treatment. Before the intervention and after 3 months, ovarian ultrasound and clinical evaluations will be done for both groups

Recruitment status

Recruitment complete

Funding source

Participants/Inclusion and exclusion criteria

Inclusion criteria: Women with polycystic ovary syndrome between the ages of 18 and 35 Exclusion criteria: suffering from any debilitating chronic disease, suffering from hyperprolactinemia, thyroid abnormalities, non-classical adrenal hyperplasia, drug addiction and smoking history, practicing yoga

Expected recruitment start date

2023-07-23, 1402/05/01

Expected recruitment end date

2024-07-22, 1403/05/01

Intervention groups

The intervention group includes people practicing yoga. The control group includes people who do not receive any specific treatment.

Actual recruitment start date

empty

Actual recruitment end date

empty

Main outcome variables

Polycystic ovary syndrome

Trial completion date

empty

General information

Scientific title

Evaluate the effect of yoga on improving the clinical symptoms of polycystic ovary syndrome in infertile women

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20220317054318N5**

Registration date: **2023-08-13, 1402/05/22**

Public title

The effect of yoga on polycystic ovaries

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria:
Women with polycystic ovary syndrome Age between 18 and 35 years

Exclusion criteria:
Having any chronic debilitating disease, hyperprolactinemia, thyroid abnormalities, non-classical adrenal hyperplasia Addiction and history of smoking
Doing yoga

Age
From **18 years** old to **35 years** old

Gender
Female

Phase
N/A

Groups that have been masked
No information

Sample size
Target sample size: **128**

Randomization (investigator's opinion)
Randomized

Randomization description
The selection of those eligible to enter the study is done in an easy and accessible way, then the people with the conditions to enter the study are randomly divided into two intervention and control groups. In this way, 18 sheets of paper, with the letter A written on 9 sheets and the letter B written on the other 9 sheets, were placed in the desk drawer and each person was given a sheet, according to which the letter A or B was written, they belonged to the intervention or control group, respectively. It takes until 18 leaves are finished and it is returned to the drawer to divide all the samples.

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

Ethics Committee of Hamadan University of Medical Sciences

Street address

Fatemieh Hospital, Pasdaran Street

City

Hamadan

Province

Hamadan

Postal code

۶۵۱۷۸۳۸۷۳۶

Approval date

2023-07-01, 1402/04/10

Ethics committee reference number

IR.UMSHA.REC.1402.277

Health conditions studied

1

Description of health condition studied

Polycystic ovary syndrome

ICD-10 code

E28.2

ICD-10 code description

Polycystic ovarian syndrome

Primary outcomes

1

Description

Polycystic ovary syndrome

Timepoint

Investigating the symptoms of polycystic ovary syndrome at the beginning of the study and then 2 months after yoga exercises

Method of measurement

Through the quality of life questionnaire for patients with polycystic ovary syndrome and two-dimensional ovarian ultrasound

Secondary outcomes

empty

Intervention groups

1

Description

Intervention group: People with polycystic ovary syndrome who in addition to routine treatment practice yoga for 12 weeks (once a week in-person training in the gym under the supervision of a trainer and 5 times a week doing ovarian yoga exercises at home using previous face-to-face training and training package for 1 hour, which will include 45 minutes of asana exercises and then 15 minutes of deep relaxation). In order to follow up the exercise at home, the sample people will be contacted weekly and the exercise checklist will be completed by the research people. Pcos quality of life questionnaire is completed with two-dimensional ovarian sonography) and tests (testosterone, dehydroepiandrosterone sulfate and 17-hydroxyprogesterone level) before and 3 It will be checked the month after the study.

Category

Treatment - Other

2

Description

Control group: People with polycystic ovary syndrome who receive routine treatment including folic acid supplementation.

Category

N/A

Recruitment centers

1

Recruitment center

Name of recruitment center

Fatemiyah Hospital

Full name of responsible person

Shamim Pilevari

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Fatemieh Hospital, Pasdaran Street,

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Hamedan University of Medical Sciences

Full name of responsible person

Reza Shokohi

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5th floor, Central Headquarters of University of Medical Sciences, Shahid Fahmideh Blvd., Hamadan, Hamadan

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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

Hamedan 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

Hamedan University of Medical Sciences

Full name of responsible person

Shamim Pilehvari

Position

Assistant Professor

Latest degree

Subspecialist

Other areas of specialty/work

Gynecology and Obstetrics

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Person responsible for scientific inquiries

Contact

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Position

Associate professor

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Person responsible for updating data

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Sharing plan

Deidentified Individual Participant Data Set (IPD)

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

Study Protocol

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

Statistical Analysis Plan

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

Informed Consent Form

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

Clinical Study Report

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

Analytic Code

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

Data Dictionary

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