

Clinical Trial Protocol

Iranian Registry of Clinical Trials

04 Aug 2026

The effect of Hatta yoga on hope and fatigue of hemodialysis patients referred to dialysis center

Protocol summary

Study aim

Determining the effect of hatha yoga on hope and fatigue of dialysis patients referring to Bou Ali Dialysis Center in Qazvin city

Design

Clinical trial with control group, simple randomization, sample size 62 people

Settings and conduct

The present study will be conducted as a clinical trial with a pre-test/post-test design with a control group. All the hemodialysis patients of Bu Ali sina Hospital Qazvin form the statistical population of the research. Sampling will be done in a simple random way. The names of the patients will be sent to the respected nephrology doctor to confirm their readiness to participate in yoga classes.

Participants/Inclusion and exclusion criteria

Inclusion criteria At least six months have passed since their first hemodialysis appointment Not participating in yoga classes since 6 months ago Absence of medical prohibition of sports Exclusion criteria Any change in the general state of the patient's body during exercise so that he is not able to exercise.

Intervention groups

The course of the program is conducted by a specialist yoga trainer who has training experience in a specialized yoga club. The intervention program includes physical movements (50 minutes), meditation (15 minutes) and breathing and relaxation exercises (10 minutes). the participants in this group, 10 weeks of yoga, two sessions a week, where the beginning of the yoga intervention is 15 minutes per session and at the end of the study, it increases to 30 minutes per session.

Main outcome variables

Observing the significant effectiveness of yoga in improving the hopelessness of dialysis patients
Observing the significant effect of yoga on the fatigue of dialysis patients In case of significant effectiveness, this method can be used as a complementary treatment for dialysis patients.

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20230926059516N1**

Registration date: **2024-02-16, 1402/11/27**

Registration timing: **retrospective**

Last update: **2024-02-16, 1402/11/27**

Update count: **0**

Registration date

2024-02-16, 1402/11/27

Registrant information

Name

fatemeh Aghakhanbeigi

Name of organization / entity

Country

Iran (Islamic Republic of)

Phone

+98 21 2212 5454

Email address

f.aghakhanbeigi@gmail.com

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2023-10-23, 1402/08/01

Expected recruitment end date

2023-12-22, 1402/10/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effect of Hatta yoga on hope and fatigue of hemodialysis patients referred to dialysis center		Qazvin univerdity medical of sience , Bahonar Blvd ,Qazvin	
Public title	The effect of Hatta yoga on hope and fatigue of hemodialysis patients referred to dialysis center	City	Qazvin
Purpose	Supportive	Province	Qazvin
Inclusion/Exclusion criteria		Postal code	34197-59811
Inclusion criteria:	At least six months have passed since their first hemodialysis appointment Not participating in yoga classes since 6 months ago To have the ability to train and perform Hatha Yoga exercises Be able to do exercises Absence of diagnosed cognitive and movement disorders Absence of medical prohibition of sports	Approval date	2023-05-08, 1402/02/18
Exclusion criteria:	Any change in the general state of the patient's body during exercise (occurrence of acute problems) so that he is not able to exercise. Withdrawal or unwillingness to do continuous exercises during the study.	Ethics committee reference number	IR.QUMS.REC.1402.028
Age	From 18 years old to 55 years old	Health conditions studied	
Gender	Female	1	
Phase	3	Description of health condition studied	
Groups that have been masked	No information	Hemodialysis patients	
Sample size	Target sample size: 62	ICD-10 code	
Randomization (investigator's opinion)	Randomized	Z49.0	
Randomization description	Simple randomization according to entry and exit criteria Selection of the intervention and control group using a lottery, "yoga" and "non-yoga" were written on the paper and poured into a bag with the number of samples, then according to the list, the people of the group identify themselves.	ICD-10 code description	
Blinding (investigator's opinion)	Not blinded	Preparatory care for dialysis	
Blinding description		Primary outcomes	
Placebo	Not used	1	
Assignment	Parallel	Description	
Other design features		Hope rate in dialysis patients	
Secondary Ids		Timepoint	
empty		Since starting hemodialysis	
Ethics committees		Method of measurement	
1		Schneider hope questionnaire	
Ethics committee		2	
Name of ethics committee		Description	
Ethics committee of Qazvin University of Medical Sciences		Fatigue in hemodialysis patients	
Street address		Timepoint	
		Since starting hemodialysis	
		Method of measurement	
		Multidimensional Fatigue Inventory questionnaire	
		Secondary outcomes	
		1	
		Description	
		Hope rate after Hatha Yoga intervention	
		Timepoint	
		After 10 weeks	
		Method of measurement	
		Schneider hope questionnaire	
		2	
		Description	
		Fatigue rate after Hatha Yoga intervention	
		Timepoint	
		After 10 weeks	
		Method of measurement	

Intervention groups

1

Description

Intervention group: The intended intervention in this research includes the implementation of a type of Hatha Yoga program. The course of the program is conducted by a specialist yoga instructor who has training experience in a specialized yoga club. The intervention program includes physical movements (50 minutes), meditation (15 minutes) and breathing and relaxation exercises (10 minutes), which have been selected based on several studies that have used this type of yoga. Also, the participants in this group, 10 weeks of yoga, two sessions per week, the beginning of the yoga intervention is 15 minutes per session and at the end of the study, it increases to 30 minutes per session. Patients with vascular access in 1 arm only perform unilateral arm movements in the free arm and legs. Patients with vascular access in the chest move both arms and legs. The yoga intervention will consist of slow coordinated body movements with breathing within the patient's comfortable range of motion

Category

Lifestyle

2

Description

Control group: In the control group, the usual care of dialysis patients that all patients receive will be provided.

Category

Lifestyle

Recruitment centers

1

Recruitment center

Name of recruitment center

Boo Ali Dialysis Center

Full name of responsible person

Fatemeh Aghakhanbeigi

Street address

qazvin university medical of science School of Nursing and Midwifery, Blv Bamonar , Qazvin

City

Qazvin

Province

Qazvin

Postal code

34197-59811

Phone

+98 28 3333 6001

Email

f.aghakhanbeigi@yahoo.com

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Qazvin University of Medical Sciences

Full name of responsible person

Fatemeh Aghakhanbeigi

Street address

qazvin university medical of science, Bamonar Blv , Qazvin city

City

Qazvin

Province

Qazvin

Postal code

34197-59811

Phone

+98 28 3333 6001

Email

f.aghakhanbeigi@gmail.com

Grant name

Grant code / Reference number

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

Yes

Title of funding source

Qazvin 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

Qazvin University of Medical Sciences

Full name of responsible person

Fatemeh Aghakhanbeigi

Position

nurse

Latest degree

Bachelor

Other areas of specialty/work

Nursery

Street address

qazvin university medical of science , Bamonar Blv , Qazvin city

City

Qazvin

Province

Qazvin

Postal code

34197-59811

Phone

+98 28 3333 6001

Email

f.aghakhanbeigi@gmail.com

Person responsible for scientific inquiries

Contact

Name of organization / entity

Qazvin University of Medical Sciences

Full name of responsible person

Fatemeh Aghakhanbeigi

Position

nurse

Latest degree

Bachelor

Other areas of specialty/work

Nursery

Street address

Qazvin university medical of science, Bamonar blvd

City

Qazvin

Province

Qazvin

Postal code

34197-59811

Phone

+98 28 3333 6001

Email

f.aghakhanbeigi@gmail.com

Person responsible for updating data

Contact

Name of organization / entity

Qazvin University of Medical Sciences

Full name of responsible person

Fatemeh Aghakhanbeigi

Position

nurse

Latest degree

Bachelor

Other areas of specialty/work

Nursery

Street address

Qazvin university medical of science , Bamonar blvd,

City

Qazvin

Province

Qazvin

Postal code

34197-59811

Phone

+98 28 3333 6001

Email

f.aghakhanbeigi@gmail.com

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

Yes - There is 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 data is potentially shareable after de-identifying individuals

When the data will become available and for how long

The access period starts 6 months after the results are published

To whom data/document is available

Researchers and people who are also engaged in the industry

Under which criteria data/document could be used

Researchers working in academic and scientific institutions People who are also engaged in industry In order to provide better services and care to dialysis patients

From where data/document is obtainable

f.aghakhanbeigi@gmail.com

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

Send your request to email State your resume and job status Also state your purpose for using the data

Comments