

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

01 Jun 2026

### Effects of yoga and walking on blood glucose levels in type 2 diabetes

#### Protocol summary

##### Summary

The aim of this study was to determine the effect of Yoga and walking on blood sugar levels in type 2 diabetic patients. Methods: in this quasi-experimental research, sixty patients of type 2 diabetes were recruited and divided into 3 groups (yoga-walking -control).they practiced for 45 minutes daily up to 30 days. Inclusion criteria: person must have type 2 diabetes and taking pills (metformin 500mg - glibenclamide 5mg) to control of their disease; persons must sign up testimonial and their age was between 30-55 years old; person who do not have muscle -skeletal, heart-vessels and respiratory disease and not having problems in doing physical exercises. Exclusion criteria: persons who encountered problems in time of research and have to use Insulin or couldn't do exercise. Fast Blood Sugar was The main variable in this article..

#### General information

##### Acronym

##### IRCT registration information

IRCT registration number: **IRCT201107247101N1**

Registration date: **2013-08-18, 1392/05/27**

Registration timing: **retrospective**

Last update:

Update count: **0**

##### Registration date

2013-08-18, 1392/05/27

##### Registrant information

##### Name

leili yekefeller

##### Name of organization / entity

##### Country

Iran (Islamic Republic of)

##### Phone

+98 28 3223 7268

##### Email address

yekkefallah@qums.ac.ir

##### Recruitment status

**Recruitment complete**

##### Funding source

Qazvin University of Medical Sciences

##### Expected recruitment start date

2011-07-06, 1390/04/15

##### Expected recruitment end date

2012-06-04, 1391/03/15

##### Actual recruitment start date

empty

##### Actual recruitment end date

empty

##### Trial completion date

empty

##### Scientific title

Effects of yoga and walking on blood glucose levels in type 2 diabetes

##### Public title

Effects of yoga and walking on blood glucose levels in type 2 diabetes

##### Purpose

Supportive

##### Inclusion/Exclusion criteria

Inclusion criteria: person must have type 2 diabetes and taking pills (metformin 500mg - glibenclamide 5mg) to control of their disease; persons must sign up testimonial and their age was between 30-55 years old; person who do not have muscle -skeletal, heart-vessels and respiratory disease and not having problems in doing physical exercises. Exclusion criteria: persons who encountered problems in time of research and have to use Insulin or couldn't do exercise.

##### Age

From **30 years** old to **55 years** old

##### Gender

Both

##### 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

Parallel

### Other design features

## Secondary Ids

empty

## Ethics committees

### 1

#### Ethics committee

##### Name of ethics committee

Qazvin University of Medical Sciences

##### Street address

Qazvin - Bahonar Blvd

##### City

qazvi

##### Postal code

##### Approval date

2011-01-29, 1389/11/09

##### Ethics committee reference number

3659/6/3

## Health conditions studied

### 1

#### Description of health condition studied

Diabetes

#### ICD-10 code

E10-14

#### ICD-10 code description

Diabetes mellitus

## Primary outcomes

### 1

#### Description

Fast Blood Sugar

#### Timepoint

Patients were tested twice for FBS. (One day before the first day of training-one day after the final day training course).

#### Method of measurement

Glucometer (ZD) (GM300)

## Secondary outcomes

### 1

#### Description

Number of tablet

#### Timepoint

Patients were tested twice for number of tablet . (One day before the first day of training-one day after the final day training course).

#### Method of measurement

Questionnaire

## Intervention groups

### 1

#### Description

After breakfast yoga exercises must be done for 30 days in the morning and for 45 minutes daily. A Single Yoga exercises instructor performed similar lessons through all sessions.

#### Category

Other

### 2

#### Description

After breakfast walking must be done for 30 days in the morning and 45 minutes daily. These persons must do exercise in a same place and same time. They were not permitted to eat food or desert with exception of water also were not allowed to listen to music. (Due to lack of uniform environmental conditions in both groups). walking performed in same time and place through all sessions.

#### Category

Other

## Recruitment centers

### 1

#### Recruitment center

##### Name of recruitment center

Qazvin Buali clinic

##### Full name of responsible person

Hamideh Azimi

##### Street address

Qazvin- Kosar Town - Western basij Blvd - 12  
Farvardin North Street - Educational Complex Naseh

##### City

Qazvin

## Sponsors / Funding sources

### 1

#### Sponsor

##### Name of organization / entity

Qazvin University of Medical Sciences - School of

Nursing and Midwifery

**Full name of responsible person**

Mohammad Moradi

**Street address**

School of Nursing and Midwifery-Qazvin University of  
Medical Sciences - Bahonar Blvd -Qazvin

**City**

Qazvin

**Grant name**

**Grant code / Reference number**

d/6/3659

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

Yes

**Title of funding source**

Qazvin University of Medical Sciences - School of Nursing  
and Midwifery

**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**

Qazvin University of Medical Sciences - School of  
Nursing and Midwifery

**Full name of responsible person**

Hamideh Azimi

**Position**

MSc student of nursing

**Other areas of specialty/work**

**Street address**

School of Nursing and Midwifery- Qazvin University of  
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+98 28 1377 0619

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h.azimi88@yahoo.com

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## Person responsible for scientific inquiries

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## Person responsible for updating data

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## 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*