Clinical Trial Protocol
Iranian Registry of Clinical Trials

18 Sep 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 yekefallah

Name of organization / entity

Country

Iran (Islamic Republic of)

Phone

+98 28 3223 7268

Email address

yekkehfallah@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/د

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
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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