

Clinical Trial Protocol

Iranian Registry of Clinical Trials

26 Sep 2026

The comparative survey of influence of yoga and aquatic training on fatigue,depression and paresthesia in Multiple Sclerosis patients

Protocol summary

Summary

The main purpose of this study is to achieve a new non-medical treatment which can be used as a complement and non-complicated treatment in Multiple Sclerosis patients suffering from fatigue, depression and paresthesia. In a randomized clinical trial among patients referred to Multiple Sclerosis community of Kermanshah 54 female patients randomly divided into 3 groups. All the patients are suffered from fatigue,depression and paresthesia for at least a month, their age range should be 20-50 and they should have EDSS criteria less or equal 6 and Exclusion criteria are: severe fatigue, depression and paresthesia that need to be treated by medicine ;patients having Multiple Sclerosis attack in the recent month. They are divided into 3 groups,respectively, Yoga, acqualic training and control group. obtaining knowingly consent forms from the patient and if the patient is not willing to continue is knowingly excluded. At the beginning and the end of the study questions are measured and compared with each other.At the end clinical manifestation improvement response rate in the 3 groups are compared.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT201405188323N8**

Registration date: **2014-07-21, 1393/04/30**

Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2014-07-21, 1393/04/30

Registrant information

Name

Nazanin Razazian

Name of organization / entity

Neurology Department of Kermanshah Faculty of Medicine

Country

Iran (Islamic Republic of)

Phone

+98 83 1427 3409

Email address

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Recruitment status

Recruitment complete

Funding source

Kermanshah University of Medical Sciences

Expected recruitment start date

2014-01-21, 1392/11/01

Expected recruitment end date

2014-03-21, 1393/01/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The comparative survey of influence of yoga and aquatic training on fatigue,depression and paresthesia in Multiple Sclerosis patients

Public title

Treatment of fatigue,depression and paresthesia in Multiple Sclerosis patients

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria: (Age range 20-50; having EDSS criteria less or equal 6;suffering from fatigue, depression and paresthesia base on FSS criteria, Beck criteria ans SNR criteria;not using effective drugs in fatigue, depression

and paresthesia; contentment in participating in each of the 3 treatment groups). Exclusion criteria: (severe fatigue, depression and paresthesia that need to be treated by medicine ;patients having Multiple Sclerosis attack in the recent month;patients doing any kinds of sport; patients suffering from concurrent diabetes and cardiac disease, arthritis or psychological diseases).

Age

From **20 years** old to **50 years** old

Gender

Female

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **54**

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

Kermanshah University of Medical

Street address

Shahid beheshti street, Kermanshah.

City

Kermanshah

Postal code

Approval date

2014-01-14, 1392/10/24

Ethics committee reference number

44854

Health conditions studied

1

Description of health condition studied

fatigue,depression and paresthesia in Multiple Sclerosis patients

ICD-10 code

G35-G37

ICD-10 code description

Multiple Sclerosis

Primary outcomes

1

Description

Fatigue,depression,paresthesia in Multiple Sclerosis patients

Timepoint

At the beginning of the first week and at the end of the eighth week.

Method of measurement

FSS,Beck,SNR

Secondary outcomes

1

Description

change in gate

Timepoint

At the beginning of the first week and at the end of the eighth week

Method of measurement

Questionnaire

Intervention groups

1

Description

Yoga group three times a week for two months

Category

Rehabilitation

2

Description

Aquatic training three times a week for two month

Category

Rehabilitation

3

Description

Control group

Category

N/A

Recruitment centers

1

Recruitment center

Name of recruitment center

Kermanshah University of medical Science

Full name of responsible person

Yavari Zeinab MD

Street address

Taleghani Hospital-Shahid Beheshti Street-Kermanshah

City

Kermanshah

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Kermanshah University of Medical Science

Full name of responsible person

Mohebi Ahmad

Street address

Taleghani Hospital, Shahid Beheshti Street,
Kermanshah

City

Kermanshah

Grant name

Grant code / Reference number

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

Yes

Title of funding source

Kermanshah University of Medical Science

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

Kermanshah university of Medical Science

Full name of responsible person

Razazian Nazanin MD

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Neurologist

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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