Clinical Trial Protocol
Iranian Registry of Clinical Trials

08 Nov 2026

The effect of yoga on Quality of life of postmenopausal women

Protocol summary

Summary

This study has evaluated the efficacy of yoga on quality of life in postmenopausal women . For this purpose,136 participants (age 45-60 years) based on the environment research randomly allocated to in Azmoon and control groups. Azmoon group participated for three months in (two sessions per week and each session 90 minutes) introductory classes of Hatha Yoga educational intervention that combines Asana (physical exercises), pranayama (breathing exercises) and Shavasana (relaxation training). Also, according to a pamphlet which they were presented at the Eighth Session,15 minutes at home each day to exercise the wrist and ankle joints and abdominal breathing exercises because of the importance and ease of doing this would, and at the beginning of each training session about the feedback they were home. Quality of life of the subjects (dimensions vasomotor, psychosocial, physical and sexual) before and three months after the intervention were evaluated. In order to complete the questionnaire at the end of week 8 and week 12 for control group coordination was done via phone. For the control group did not interfere with the control group gift (booklet Yoga) in the study were presented to acknowledge and raise awareness in yoga If you wish to participate in yoga classes.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT201206059944N1**
Registration date: **2012-06-13, 1391/03/24**
Registration timing: **retrospective**

Last update:
Update count: **0**

Registration date

2012-06-13, 1391/03/24

Registrant information

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Recruitment status

Recruitment complete

Funding source

Tehran University of Medical Sciences

Expected recruitment start date

2011-09-16, 1390/06/25

Expected recruitment end date

2012-01-09, 1390/10/19

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effect of yoga on Quality of life of postmenopausal women

Public title

The effect of yoga on Quality of life of postmenopausal women

Purpose

Health service research

Inclusion/Exclusion criteria

Inclusion criteria: married Iranian women aged 45-60 years at least one years and a maximum of four years had passed of their menopause; have common symptoms of menopause and least literate; BMI between

20 - 30; menopause naturally occurred not due to surgical causes; currently; no regular exercise; no history of hormonal drugs in the past 6 months and have no physical disease (such as hypertension, diabetes, hypothyroidism and hyperthyroidism) and mental health are not known. Exclusion criteria: failure to attend yoga classes as a non-consecutive four consecutive sessions; any outbreak of the crisis during the three month study; the use of hormonal drugs during the study; entire in exercise program during the research period and unwillingness to continue participation in the study

Age
From **45 years** old to **60 years** old

Gender
Female

Phase
N/A

Groups that have been masked
No information

Sample size
Target sample size: **136**

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
Tehran University of Medical Sciences

Street address
Tehran University of Medical Sciences, Ghods St., Keshavarz Blvd.

City
Tehran

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Approval date
2011-11-28, 1390/09/07

Ethics committee reference number
1583/130/90/د

Health conditions studied

1

Description of health condition studied
quality of life

ICD-10 code
Z73.9

ICD-10 code description
Problem related to life-management difficulty, unspecified

Primary outcomes

1

Description
Quality of life score in postmenopausal women

Timepoint
Before, 8 weeks and 12 weeks after baseline

Method of measurement
Menopause Specific Quality of Life Questionnaire

Secondary outcomes

1

Description
Dimensions scores for vasomotor, psychosocial, physical and sexual quality of life in postmenopausal women

Timepoint
Before, 8 weeks and 12 weeks after baseline

Method of measurement
Menopause Specific Quality of Life Questionnaire

Intervention groups

1

Description
Intervention group participated for three months in (two sessions per week and each session 90 minutes) introductory classes of Hatha Yoga educational intervention that combines Asana (physical exercises), pranayama (breathing exercises) and Shavasana (relaxation training).

Category
Other

2

Description
For the control group did not interfere with the control group gift (booklet Yoga) in the study were presented to acknowledge and raise awareness in yoga If you wish to participate in yoga classes.

Category
Other

Recruitment centers

1

Recruitment center

Name of recruitment center
Health Houses related to Tehran Municipality, District 5 Social and Cultural Affairs

Full name of responsible person
Street address
Abbass Babazadeh
City
Tehran

Sponsors / Funding sources

1

Sponsor
Name of organization / entity
Research Deputy of Tehran University of Medical Sciences
Full name of responsible person
Dr. Akbar Fotouhi
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Tehran University of Medical Sciences, Ghods St., Keshavarz Blvd
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Grant name
Grant code / Reference number
Is the source of funding the same sponsor organization/entity?
Yes
Title of funding source
Research Deputy of Tehran University of Medical Sciences
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

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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