Clinical Trial Protocol
Iranian Registry of Clinical Trials

08 Nov 2026

The Effects of selected Hatha Yoga Exercises (Asana and Pranayama) in older women's Sleep Quality and Body Mass Index

Protocol summary

Study aim

Sleep as an important biological phenomenon that occurs in humans on a regular and repetitive basis is accompanied by physical and mental recovery, dormancy, and enhanced stimulation threshold compared to the sobriety conditions. Physical activities and exercise are among the techniques applied to delay or cure the aging-induced problems. These practices have well-established effects on quality of life in humans, particularly in the elderly. Although elderly period changes limit performing some activities, there are several exercises that can be effective in this age group. Yoga is among the activities that can be done by peoples at any age. The present research was conducted to investigate the effect of Hatha yoga on quality of sleep and body mass index (BMI) in the elderly women.

Design

This work is a clinical trial with a research population consisting of 64 retired elderly women from Rafsanjan University of Medical Sciences who voluntarily participated in the study. The samples are randomly assigned to two control and intervention groups.

Settings and conduct

The intervention group was subjected to Hatha yoga exercises for 8 weeks with three 1-hour sessions in each week. Next, BMI values are measured in for all participants in both intervention and control groups. Moreover, sleep quality was measured in control and intervention groups (before and after the intervention) using the Pittsburgh Sleep Quality Index (PSQI). Finally, the results are analyzed using descriptive statistics in SPSS18 software.

Participants/Inclusion and exclusion criteria

The old women with 60to75 years that did not have history of stoprosis,hip replacing,vertigo,surgery, psyche problems

Intervention groups

In intervention group Hatha yoga exercises hold in 8 weak and every weak in 3 session tat is one hour

Main outcome variables

The improvement in the quantity of life and Body index in old women`s

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20150519022320N9**
Registration date: **2018-03-03, 1396/12/12**
Registration timing: **retrospective**

Last update: **2018-03-03, 1396/12/12**
Update count: **0**

Registration date

2018-03-03, 1396/12/12

Registrant information

Name

Tayebeh Mirzaei

Name of organization / entity

Rafsanjan University of Medical Sciences

Country

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Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2016-06-20, 1395/03/31

Expected recruitment end date

2016-08-21, 1395/05/31

Actual recruitment start date

empty

Actual recruitment end date
empty
Trial completion date
empty

Scientific title
The Effects of selected Hatha Yoga Exercises (Asana and Pranayama) in older women's Sleep Quality and Body Mass Index

Public title
The Effects of selected Hatha Yoga Exercises (Asana and Pranayama) in older women's Sleep Quality and Body Mass Index
Purpose
Basic scienece
Inclusion/Exclusion criteria
Inclusion criteria:
the people that they did not have history of improvement Steoprusis during last year the people that they were away from reasons that cause their quality of sleep during the last six month like acute psycological disease and sorrow people that they did not have history of hip replacing people that they did not have history of gradational blindness people that they did not have history of Parkinson people that they did not have history of surgery
Exclusion criteria:
Do not participate more than 4 exercise session Physical injury during the exercise
Age
From **60 years** old to **75 years** old
Gender
Female

Phase
N/A
Groups that have been masked
No information
Sample size
Target sample size: **64**
Randomization (investigator's opinion)
Randomized
Randomization description
In this study people divide into two groups by plain randomized method that every group is 32person.
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
Ethics Committee Of Rafsanjan University ofMedical Sciences
Street address
Emamali blv
City
Rafsanjan
Province
Kerman
Postal code
7718174715
Approval date
2016-06-20, 1395/03/31
Ethics committee reference number
IR.RUMS.RES.1394.238

Health conditions studied

1

Description of health condition studied
Sleep quality
ICD-10 code
G47.9
ICD-10 code description
Sleep disorder, unspecified

2

Description of health condition studied
Body mass index
ICD-10 code
Z68
ICD-10 code description
Body mass index [BMI]

Primary outcomes

1

Description
quality of sleep
Timepoint
sleep quality measured in control and intervention groups (before and after the intervention) using the Pittsburgh Sleep Quality Index .
Method of measurement
the Pittsburgh Sleep Quality Index .

Secondary outcomes

1

Description
Body mass index
Timepoint
Body Mass Index are completed in both intervention and control group before intervention.
Method of measurement

Body mass index

Intervention groups

1

Description
Intervention group: The intervention group was subjected to Hatha yoga exercises for 8 weeks with three 1-hour sessions in each week.
Category
Lifestyle

2

Description
Control group: Do not any intervention on control group
Category
N/A

Recruitment centers

1

Recruitment center
Name of recruitment center
RetiredCenter Of Rafsanjan MedicalScience Univeacity
Full name of responsible person
Dr Tayyebe Mirzaei
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Sponsors / Funding sources

1

Sponsor
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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
Rafsanjan 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
Rafsanjan University of Medical Sciences
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Person responsible for updating data

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Sharing plan

Deidentified Individual Participant Data Set (IPD)
Undecided - It is not yet known if there will be a plan to make this available
Study Protocol
No - There is not a plan to make this available
Statistical Analysis Plan
No - There is not a plan to make this available
Informed Consent Form
Undecided - It is not yet known if there will be a plan to make this available
Clinical Study Report
No - There is not a plan to make this available
Analytic Code
No - There is not a plan to make this available
Data Dictionary
No - There is not a plan to make this available