# Clinical Trial Protocol
# Iranian Registry of Clinical Trials

09 Nov 2026

## The effects of hatha yoga on anthropometric and psychological indices among the retired women

### Protocol summary

**Study aim**
effects of hatha yoga on anthropometric and psychological indices among retired women.

**Design**
This randomized controlled trial was conducted on 64 female retirees of Rafsanjan University of Medical Sciences, Rafsanjan, Iran. The samples were randomly divided into intervention and control groups.

**Settings and conduct**
The sessions of the program were held thrice weekly in a yoga club in Rafsanjan, Iran. Anthropometric indices, depression, anxiety, and stress were measured before, one month, and two months after the intervention onset.

**Participants/Inclusion and exclusion criteria**
Participants include 64 retired women from the University of Medical Sciences. no history of advanced osteoporosis, hip replacement, gradual blindness, gradual loss of vision, Parkinson's disease, dizziness, surgery, no special diet, no use of weight-loss medications, and no history of significant loss or acute psychiatric disorder in the past six months. The only exclusion criterion was three or more absences from yoga sessions.

**Intervention groups**
Participants were randomly recruited and allocated to either a control or an intervention group. Participants in the intervention group were provided with an eight-week yoga program, while their counterparts in the control group received no exercise-based intervention.

**Main outcome variables**
depression, anxiety, and stress,weight, height, BMI, waist circumference, hip circumference, wais to hip ratio, and wrist circumference.

### General information

**Reason for update**

**Acronym**

**IRCT registration information**
IRCT registration number: **IRCT20150519022320N19**
Registration date: **2019-01-27, 1397/11/07**
Registration timing: **retrospective**

Last update: **2019-01-27, 1397/11/07**
Update count: **0**

**Registration date**
2019-01-27, 1397/11/07

**Registrant information**

**Name**
Tayebeh Mirzaei

**Name of organization / entity**
Rafsanjan University of Medical Sciences

**Country**
Iran (Islamic Republic of)

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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**
2016-06-20, 1395/03/31

**Actual recruitment end date**
2016-08-21, 1395/05/31

**Trial completion date**
2016-08-21, 1395/05/31

**Scientific title**
The effects of hatha yoga on anthropometric and psychological indices among the retired women

**Public title**

The effects of hatha yoga on anthropometric and psychological indices

**Purpose**

Supportive

**Inclusion/Exclusion criteria**

**Inclusion criteria:**

the people that they did not have history of improvement Steoprusis during last year no history of significant loss or acute psychiatric disorder in the past six months 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 **50 years** old to **65 years** old

**Gender**

Female

**Phase**

N/A

**Groups that have been masked**

*No information*

**Sample size**

Target sample size: **60**

Actual sample size reached: **60**

**Randomization (investigator's opinion)**

Randomized

**Randomization description**

From eligible women, 64 were randomly recruited to the study and randomly allocated to an A and a B group using a table of random numbers. Then, groups A and B were randomly allocated to either the control or the intervention side of the study.

**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**

Anthropometric indices

**ICD-10 code**

**ICD-10 code description**

### 2

**Description of health condition studied**

Psychological indices

**ICD-10 code**

**ICD-10 code description**

## Primary outcomes

### 1

**Description**

depression, which was measured using the DASS-21 scale.

**Timepoint**

Before the start of the study, one month after the start of the intervention, two months after the intervention begins

**Method of measurement**

Depression, Anxiety, and Stress Scale (DASS-21)

### 2

**Description**

Anxiety, which was measured using the DASS-21 scale.

**Timepoint**

Before the start of the study, one month after the start of the intervention, two months after the intervention begins

**Method of measurement**

Depression, Anxiety, and Stress Scale (DASS-21)

### 3

**Description**

Stress, which was measured using the DASS-21 scale.

**Timepoint**

Before the start of the study, one month after the start of the intervention, two months after the intervention begins

**Method of measurement**

Depression, Anxiety, and Stress Scale (DASS-21)

**4**

**Description**
body mass index
**Timepoint**
Before the start of the study, one month after the start of the intervention, two months after the intervention begins
**Method of measurement**
By dividing weight in kilograms by the square of height in meters measured.

**5**

**Description**
Waist circumference
**Timepoint**
Before the start of the study, one month after the start of the intervention, two months after the intervention begins
**Method of measurement**
Waist circumference was measured in the midway between the inferior rib and the iliac crest at the end of expiration

**6**

**Description**
hip circumference
**Timepoint**
Before the start of the study, one month after the start of the intervention, two months after the intervention begins
**Method of measurement**
hip circumference was measured at the widest point of the greater trochanter muscle.

**7**

**Description**
Waist-hip ratio
**Timepoint**
Before the start of the study, one month after the start of the intervention, two months after the intervention begins
**Method of measurement**
Waist-hip ratio was calculated through dividing waist circumference by hip circumference.

**8**

**Description**
wrist circumference
**Timepoint**
Before the start of the study, one month after the start of the intervention, two months after the intervention begins
**Method of measurement**
wrist circumference was measured at the junction point between wrist and the metacarpal bones.

## Secondary outcomes

empty

## 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**
Rehabilitation

**2**

**Description**
Control group: No intervention for the control group was performed.
**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**
**Name of organization / entity**
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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

**Full name of responsible person**
Dr.Tayyebeh Mirzaei

**Position**
Associate professor

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Ph.D.

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Nursery

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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)**
Undecided - It is not yet known if there will be a plan to make this available

**Study Protocol**
Undecided - It is not yet known if there will be a plan to make this available

**Statistical Analysis Plan**
Undecided - It is not yet known if there will be 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**
Undecided - It is not yet known if there will be a plan to make this available

**Analytic Code**

Undecided - It is not yet known if there will be a plan to make this available

**Data Dictionary**

Undecided - It is not yet known if there will be a plan to make this available