Clinical Trial Protocol
Iranian Registry of Clinical Trials

09 Nov 2026

The effect of yoga exercise on anxiety, depression, sleep quality and memory of elderly women at Adult Day Care Centers

Protocol summary

Study aim
The effect of yoga exercise on anxiety, depression, sleep quality and memory of elderly women Adult day centers in Yazd

Design
This study is a clinical trial.From the Adult Day Care Centers in Yazd, two centers are randomly selected, one is assigned as a test group and the other is assigned as a control group.Community-based and action-oriented, with parallel groups, not blind

Settings and conduct
Research in adult day centers are in Yazd. In the intervention group, yoga exercises are held for 8 weeks and each week in three 1-hour sessions. In the control and intervention groups, the anxiety, depression, DASS depression, Pittsburgh sleep quality and Wechsler memory are completed before and after the intervention.

Participants/Inclusion and exclusion criteria
Inclusion Criteria: were age over 60 years old, no physical problems such as hip replacement, Parkinson's disease, and dizziness leading to inabilities to practice the exercises, signing consent forms to participate in the study, and obtaining permission from a trusted physician to practice the yoga poses. Exclusion Criteria: Lack of cooperation, cognitive problems (Alzheimer's disease, progressive physical and mental problems during practice, sensorineural hearing loss (deafness), neurodevelopmental disorder (mental retardation), absenteeism in more than 3 sessions of exercises, no consumption of sleeping pills over the last one month, and movement from the adult day care center

Intervention groups
Intervention group: As a group, by experienced educators, for 8 weeks, three sessions of one hour a week doing yoga. Before intervention and after intervention, anxiety, depression, sleep quality and memory of the samples will be investigated. Control group: In this study, no intervention was performed for the control group.

Main outcome variables
The mean score of anxiety, depression, sleep quality and memory

General information

Reason for update
Acronym
IRCT registration information
IRCT registration number: **IRCT20190103042225N1**
Registration date: **2019-01-14, 1397/10/24**
Registration timing: **registered_while_recruiting**

Last update: **2019-01-14, 1397/10/24**
Update count: **0**

Registration date
2019-01-14, 1397/10/24

Registrant information
Name
Sanaz Behzadi
Name of organization / entity
Country
Iran (Islamic Republic of)
Phone
+98 35 3624 9939
Email address
sanaz24behzadi@yahoo.com

Recruitment status
Recruitment complete
Funding source

Expected recruitment start date
2019-01-10, 1397/10/20
Expected recruitment end date
2019-02-09, 1397/11/20
Actual recruitment start date
empty
Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effect of yoga exercise on anxiety, depression, sleep quality and memory of elderly women at Adult Day Care Centers

Public title

The effect of yoga exercise on anxiety, depression, sleep quality and memory

Purpose

Supportive

Inclusion/Exclusion criteria

Inclusion criteria:

were age over 60 years old, no physical problems such as hip replacement, Parkinson’s disease, and dizziness leading to inabilities to practice the exercises, signing consent forms to participate in the study, and obtaining permission from a trusted physician to practice the yoga poses.

Exclusion criteria:

Lack of cooperation, cognitive problems (Alzheimer’s disease, progressive physical and mental problems during practice, sensorineural hearing loss (deafness), neurodevelopmental disorder (mental retardation), absenteeism in more than 3 sessions of exercises, no consumption of sleeping pills over the last one month, and movement from the adult day care center

Age

From **60 years** old to **89 years** old

Gender

Female

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **58**

Actual sample size reached: **58**

Randomization (investigator's opinion)

Randomized

Randomization description

From the Adult Day Care Centers in Yazd, two centers are randomly selected, one is assigned as a test group and the other is assigned as a control group.Then, due to the low level of elderly covered by each center, all elderly people are covered by the control and test groups covered by each entry-level criteria.The random method will be in the form of a draw, in this way, for each of the code centers, then the codes are written on a piece of paper. The pieces of paper are placed in a container and they are thrown well. Then two centers are selected from among them.

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

Shahid Sadoughi University of Medical Sciences Yazd

Street address

Yazd, Shahid Bahonar Square, Central Office of Shahid Sadoughi University of Medical Sciences, Yazd

City

Yazd

Province

Yazd

Postal code

8916978477

Approval date

2018-03-11, 1396/12/20

Ethics committee reference number

IR.SSU.SPH.REC.1396.45

Health conditions studied

1

Description of health condition studied

Anxiety

ICD-10 code

F41.9

ICD-10 code description

Anxiety disorder, unspecified

2

Description of health condition studied

depression

ICD-10 code

F32.0

ICD-10 code description

Mild depressive episode

3

Description of health condition studied

sleep quality

ICD-10 code

ICD-10 code description

4

Description of health condition studied

memory

ICD-10 code

ICD-10 code description

Primary outcomes

1

Description
Anxiety scale Evaluation
Timepoint
Before the intervention and after the intervention.
Method of measurement
DASS21 questionnaire

2

Description
Depression scale Evaluation
Timepoint
Before the intervention and after the intervention.
Method of measurement
DASS21 questionnaire

3

Description
sleep quality scale Evaluation
Timepoint
Before the intervention and after the intervention.
Method of measurement
Pittsburgh Sleep Quality Questionnaire

4

Description
Memory scale Evaluation
Timepoint
Before the intervention and after the intervention.
Method of measurement
Wechsler Memory scale

Secondary outcomes

empty

Intervention groups

1

Description
Intervention group: Performing yoga exercises for 8 weeks, three sessions per hour each week.
Category
Lifestyle

2

Description
Control group: In this study, no intervention is performed for the control group
Category
N/A

Recruitment centers

1

Recruitment center
Name of recruitment center
Milad adult day center
Full name of responsible person
Sanaz Behzadi
Street address
Alam Square, Shahid Sadoughi University of Medical Sciences, School of Public Health
City
Yazd
Province
Yazd
Postal code
8915173160
Phone
+98 35 3624 9939
Email
sanaz24behzadi@yahoo.com

2

Recruitment center
Name of recruitment center
Bahar adult day center
Full name of responsible person
Sanaz Behzadi
Street address
Alam Square, Shahid Sadoughi University of Medical Sciences, School of Public Health
City
Yazd
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Sponsors / Funding sources

1

Sponsor
Name of organization / entity
Yazd University of Medical Sciences
Full name of responsible person
Dr. Ali Akbar Vaezi
Street address
Alam Square, Shahid Sadoughi University of Medical Sciences, School of Public Health
City
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8915173160
Phone
+98 35 3820 9100
Email

vaeziali@yahoo.com

Grant name

Grant code / Reference number

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

Yes

Title of funding source

Yazd 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

Yazd University of Medical Sciences

Full name of responsible person

Sanaz Behzadi

Position

MSc

Latest degree

Bachelor

Other areas of specialty/work

Geriatrics

Street address

Alam Square, Shahid Sadoughi University of Medical Sciences, School of Public Health

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Postal code

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Person responsible for scientific inquiries

Contact

Name of organization / entity

Yazd University of Medical Sciences

Full name of responsible person

Dr. Ali Akbar Vaezi

Position

Assistant Professor

Latest degree

Ph.D.

Other areas of specialty/work

Nursery

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Person responsible for updating data

Contact

Name of organization / entity

Yazd University of Medical Sciences

Full name of responsible person

Sanaz Behzadi

Position

MSc

Latest degree

Bachelor

Other areas of specialty/work

Geriatrics

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Alam Square, Shahid Sadoughi University of Medical Sciences, School of Public Health

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Sharing plan

Deidentified Individual Participant Data Set (IPD)

No - There is not a plan to make this available

Justification/reason for indecision/not sharing IPD

No more information

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

No - There is not 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