Clinical Trial Protocol
Iranian Registry of Clinical Trials

08 Nov 2026

The Effect of Yoga Techniques on Women’s Sexual Function and Sexual Quality of Life after vaginal delivery

Protocol summary

Study aim
Determining the effect of Yoga techniques on quality of sexual life and sexual functioning of women after normal birth

Design
It's a clinical trial study which the participants will devided to two groups (n = 25). Before and 1,2 and 3 months after the intervention, their sexual function and sexual quality of life will measured by the FSFI and SQOL questionnaire. Women in the intervention group will be trained by yoga techniques for 60 minutes (twice a week for 3 months).

Settings and conduct
This study will be a clinical trial. Samples will be collected at health centers in Isfahan. In the intervention group, practical training of yoga techniques will be conducted twice a week for 3 months (twelve sessions in total). The sexual function and sexual quality of life will be assessed and the control group will be assessed monthly by telephone or face to face.

Participants/Inclusion and exclusion criteria
50 postpartum primiparous women who enter the study according to the characteristics of the research study.

Intervention groups
In the intervention group, practical training of yoga techniques will be conducted twice a week for 3 months (twelve sessions in total). These sessions will be held in 60-minute classes and the samples will be checked at the end of the first month At the end of the second month and also at the end of the third month, the questionnaire will assess sexual dysfunction and quality of life. The control group will also assessed monthly (before the start of the study, at the end of the first month, at the end of the second month, at the end of the third month) by a questionnaire by phone or face to face, and after evaluation period a free yoga course for the control group will be conducted if they wish.

Main outcome variables
Sexual function Sexual quality of life

General information

Reason for update

Acronym

IRCT registration information
IRCT registration number: **IRCT20191023045221N1**
Registration date: **2019-12-21, 1398/09/30**
Registration timing: **prospective**

Last update: **2019-12-21, 1398/09/30**
Update count: **0**

Registration date
2019-12-21, 1398/09/30

Registrant information

Name
farzaneh shadani

Name of organization / entity
Tarbiat modares university

Country
Iran (Islamic Republic of)

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Recruitment status
Recruitment complete

Funding source

Expected recruitment start date
2019-12-22, 1398/10/01

Expected recruitment end date
2020-06-04, 1399/03/15

Actual recruitment start date
empty

Actual recruitment end date
empty

Trial completion date
empty

Scientific title
The Effect of Yoga Techniques on Women’s Sexual Function and Sexual Quality of Life after vaginal delivery

Public title
The effect of yoga on women's sexual Function

Purpose
Treatment

Inclusion/Exclusion criteria

Inclusion criteria:
Primiparous women with normal delivery at reproductive age (15-45 years) Starting sexual intercourse after delivery Not having a known disease Not having mental illness Being single spouse and living with spouse now and during the study Literacy of reading and writing Persian language 8-16 weeks after vaginal delivery Being Iranian and resident in Isfahan Having a healthy baby Having exclusive breastfeeding with breast milk Not-practicing yoga in control group

Exclusion criteria:

Age
From **15 years** old to **45 years** old

Gender
Female

Phase
2

Groups that have been masked
No information

Sample size
Target sample size: **25**

Randomization (investigator's opinion)
Randomized

Randomization description
Block randomization will be used for randomizing participants within blocks such that an equal number are assigned to treatment. in this study which given a block size of 4, there are 6 possible ways to equally assign participants to a block. Allocation proceeds by randomly selecting one of the orderings and assigning the next block of participants to study groups according to the specified sequence

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 Tarbiat Modarres University

Street address
Jalal Al-Ahmad Highway, Faculty of Medical Sciences, Tarbiat Modares University, Tehran, Iran.

City
Tehran

Province
Tehran

Postal code
14115-111

Approval date
1919-10-23, 1298/07/30

Ethics committee reference number
IR.MODARES.REC.1398.145

Health conditions studied

1

Description of health condition studied
Sexual dysfunction

ICD-10 code
F52

ICD-10 code description
Sexual dysfunction not due to a substance or known physiological condition

Primary outcomes

1

Description
Measuring the female sexual function

Timepoint
Before the intervention, 1,2,3 months after the start of the intervention

Method of measurement
Female Sexual Function Index

2

Description
Measuring the female sexual quality of life

Timepoint
Before the intervention, 1,2,3 months after the start of the intervention

Method of measurement
The Sexual Quality of Life-Female (SQOL-F) questionnaire

Secondary outcomes

empty

Intervention groups

1

Description
In the intervention group, practical training of yoga techniques will be conducted twice a week for 3 months (twelve sessions in total). These sessions will be held in 60-minute classes and the samples will be checked at the end of the first month At the end of the second month and also at the end of the third month, the

questionnaire will assess sexual dysfunction and quality of life.

Category

Treatment - Other

2

Description

Control group: The control group will not manipulated and will assessed monthly (before the start of the study, at the end of the first month, at the end of the second month, at the end of the third month) by a questionnaire by phone or face to face, and after evaluation period a free yoga course for the control group will be conducted if they wish.

Category

N/A

Recruitment centers

1

Recruitment center

Name of recruitment center
Isfahan Health Centers

Full name of responsible person
Shadab Shahali

Street address
Khorasgan squar

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity
Tarbiat modares university

Full name of responsible person
Yaghob Fathollahi

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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
Tarbiat modares university

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
Tarbiat Modares University

Full name of responsible person
Shadab Shahali

Position
Assistant Professor

Latest degree
Ph.D.

Other areas of specialty/work
Reproductive Health

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Person responsible for scientific inquiries

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Latest degree
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Other areas of specialty/work
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Person responsible for updating data

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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
Yes - There is a plan to make this available

Statistical Analysis Plan
No - There is not a plan to make this available

Informed Consent Form
No - There is not a plan to make this available

Clinical Study Report
Yes - There is 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

Title and more details about the data/document
Some of the main outcome data will be shared.

When the data will become available and for how long
Start access period from2021

To whom data/document is available
Researchers

Under which criteria data/document could be used
For research and after sending the request letter to corresponding author

From where data/document is obtainable
Corresponding author, Department of midwifery and reproductive health, Faculty of Medical Sciences, Tarbiat Modares University, Tehran, Iran

What processes are involved for a request to access data/document
After receiving the request to the corresponding author, the request will be sent to the research unit of Tarbiat Modarres University and analyzed data will be provided to researcher

Comments