Clinical Trial Protocol
Iranian Registry of Clinical Trials

07 Nov 2026

The effect of yoga exercise on fatigue severity and quality of life of patients with Multiple Sclerosis

Protocol summary

Summary

The objective of this clinical trial study was to investigate the effect of Yoga on multiple sclerosis. A total of 60 patients with MS from Kohgiloyeh and Boirahmad province were randomly assigned into intervention or control groups. The patients in the intervention groups received Yoga therapy for a period of 3 months, eight 1-1.5 hour sessions per month. Severity of fatigue and quality of life were measured by using a standard questionnaire and MSQoL-54 questionnaire, respectively, and compared between the groups.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT201104266303N1**
Registration date: **2011-05-07, 1390/02/17**
Registration timing: **retrospective**

Last update:
Update count: **0**

Registration date

2011-05-07, 1390/02/17

Registrant information

Name

Shahla Najafi doulatabad

Name of organization / entity

University of medical science

Country

Iran (Islamic Republic of)

Phone

+98 74 1223 4115

Email address

najafi.shahla@yums.ac.ir

Recruitment status

Recruitment complete

Funding source

Yasouj University of Medical Sciences

Expected recruitment start date

2008-08-17, 1387/05/27

Expected recruitment end date

2010-12-20, 1389/09/29

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effect of yoga exercise on fatigue severity and quality of life of patients with Multiple Sclerosis

Public title

The effect of yoga on MS

Purpose

Supportive

Inclusion/Exclusion criteria

Inclusion criteria: no other diseases such as: epilepsy, cardio-vascular, metabolic, or psychiatric diseases, having at least 14 years old, at least two years history of being affected to MS disease, ability to do Yoga exercises
Exclusion criteria: being at the acute stage of the disease, simultaneous performing of other self-care programs effective on the quality of life

Age

From **14 years** old to **70 years** old

Gender

Female

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **60**

Randomization (investigator's opinion)

Randomized
Randomization description
Blinding (investigator's opinion)
Not blinded
Blinding description
Placebo
Not used
Assignment
Other
Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee
Name of ethics committee
Yasouj University of Medical Sciences, Ethics committee
Street address
Yasouj University of Medical Sciences, Yasuj
City
Yasouj
Postal code
7591958191
Approval date
2008-07-12, 1387/04/22
Ethics committee reference number
5/22/4/87

Health conditions studied

1

Description of health condition studied
Multiple sclerosis
ICD-10 code
G35
ICD-10 code description
Multiple sclerosis

Primary outcomes

1

Description
fatique
Timepoint
1 month -45 Day- 3 month
Method of measurement
questioner

2

Description
quality of life
Timepoint
Baseline and 1 month, 45 days, and 3 months later
Method of measurement
MSQoL-54 questionnaire

Secondary outcomes

empty

Intervention groups

1

Description
Yoga therapy for a period of 3 months, each month included eight 1-1.5 hour sessions
Category
Behavior

2

Description
No intervention
Category
N/A

Recruitment centers

1

Recruitment center
Name of recruitment center
Yasuj University of Medical Sciences
Full name of responsible person
Shahla najafi
Street address
Nursing & midwifery college, Emam Sajad hospital, Yasouj, Iran
City
Yasouj

Sponsors / Funding sources

1

Sponsor
Name of organization / entity
Yasouj University of Medical Sciences
Full name of responsible person
Dr. Haibatallah Sadeghi
Street address
Nursing and midwifery faculty, Emam Sajad hospital, Yasouj
City
Yasouj
Grant name
ندارد
Grant code / Reference number
Is the source of funding the same sponsor organization/entity?
Yes
Title of funding source
Yasouj 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

Contact

Name of organization / entity

Yasouj University of Medical Sciences

Full name of responsible person

Shahla Najafi Doulatabad

Position

MSc

Other areas of specialty/work

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Web page address

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