Clinical Trial Protocol
Iranian Registry of Clinical Trials

08 Nov 2026

investigating the impact of yoga on the general health and mindfulness of female nursing student

Protocol summary

Study aim
Determining the effect of yoga intervention on general health and mindfulness of female nursing students at Shiraz University of Medical Sciences

Design
This study is a randomized controlled clinical trial using a blocked randomization method with G*Power software, with a control group, parallel groups, and no blinding, conducted on 144 female nursing students.

Settings and conduct
This study is a randomized clinical trial conducted on female nursing students in semesters 4 to 8 of the Faculty of Nursing and Midwifery, Shiraz University of Medical Sciences. Participants are randomly assigned. The intervention group will receive virtual yoga training for 8 weeks, while the control group will not receive any intervention. Blinding was not performed in the study.

Participants/Inclusion and exclusion criteria
Participants in this study include female undergraduate nursing students who are in their fourth to eighth semesters, have at least two semesters of experience in clinical settings, are willing to participate in the study, and have access to a smartphone and the Internet to receive educational videos, communicate with the researcher, and send daily practice reports.

Intervention groups
In the intervention group, eight offline educational sessions (one session per week using videos) will be provided over eight consecutive weeks. The participants will perform daily physical exercises, breathing exercises, relaxation, and meditation at home or in the student dormitory. Before the sessions begin, an in-person orientation session will be held to explain the intervention.Then, the yoga sessions will be conducted virtually under the supervision of the researchers in eight sessions over eight consecutive weeks (one one-hour session per week). No intervention will be provided to the control group.

Main outcome variables
mindfulness and general health.

General information

Reason for update

Acronym

IRCT registration information
IRCT registration number: **IRCT20261005071302N1**
Registration date: **2026-10-13, 1405/07/21**
Registration timing: **prospective**

Last update: **2026-10-13, 1405/07/21**
Update count: **0**

Registration date
2026-10-13, 1405/07/21

Registrant information

Name
sedigheh yeganeh
Name of organization / entity
Country
Iran (Islamic Republic of)
Phone
+98 917 189 8792
Email address
sedighe.yegane@yahoo.com

Recruitment status
Not yet recruiting

Funding source

Expected recruitment start date
2026-12-21, 1405/09/30

Expected recruitment end date
2027-12-21, 1406/09/30

Actual recruitment start date
empty

Actual recruitment end date
empty

Trial completion date

empty

Scientific title
investigating the impact of yoga on the general health and mindfulness of female nursing student

Public title
impact of yoga on the general health and mindfulness

Purpose
Health service research

Inclusion/Exclusion criteria

Inclusion criteria:
Being a female undergraduate nursing student. Being enrolled in the fourth to eighth semester of the nursing program. Having completed at least two semesters of clinical training/clinical practice. Willingness to participate in the study and sign the written informed consent form. Ability and willingness to attend the initial face-to-face orientation and training session and participate in the eight-week yoga intervention. Having access to a smartphone and the Internet to receive educational videos, communicate with the researcher, and submit daily exercise reports. Not having participated regularly in yoga, meditation, relaxation exercises, breathing exercises, or other mind–body practices during the study. Having no physical or medical limitation that would interfere with performing yoga exercises, based on self-report and, if necessary, medical assessment.

Exclusion criteria:
Withdrawal from the study at any stage for any reason, without the need to provide an explanation. Failure to attend two or more of the eight scheduled yoga sessions. Failure to perform the prescribed daily exercises for three or more days in a week, resulting in inadequate adherence to the intervention. Repeated failure to complete the daily exercise checklist or submit the required exercise reports. Development of any acute illness, physical injury, or musculoskeletal condition that makes performing yoga exercises impossible or medically inappropriate. Concurrent participation in another intervention study that may affect the outcomes of the present study.

Age
From **20 years** old

Gender
Female

Phase
N/A

Groups that have been masked
No information

Sample size
Target sample size: **144**

Randomization (investigator's opinion)
Randomized

Randomization description
This study is a randomized controlled clinical trial with a parallel design. The unit of randomization was individual, and participants were assigned to the two groups (yoga intervention and control) using blocked randomization with a block size of 12 and a 1:1 allocation ratio. The random sequence was generated by the statistical consultant using software (producing a list of 12-member blocks with a total length of 144). The randomization tool consisted of a block randomization allocation table, which was used by the researcher to enroll and assign participants to the groups. Allocation concealment was achieved through this same block randomization allocation table, whereby the statistical consultant determined the sequence and the researcher enrolled participants and assigned them to groups accordingly. Stratified randomization was not used in this study, and blinding was not performed (the study was conducted as open-label); the only measure taken was preventing information transfer between the two groups.

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
Schools of Nursing and Midwifery, Management and Medical Information Science - Shiraz University of

Street address
Fatemeh (S) School of Nursing and Midwifery, Namazi Hospital, Namazi Square, Shiraz

City
Shiraz

Province
Fars

Postal code
7193613119

Approval date
2026-09-12, 1405/06/21

Ethics committee reference number
IR.SUMS.NUMIMG.REC.1405.048

Health conditions studied

1

Description of health condition studied
yoga, general health, mindfulness

ICD-10 code
Y93.42

ICD-10 code description
Activity, yoga

Primary outcomes

1

Description
mindfulness, general health
Timepoint
Measurement of general health and mindfulness before the intervention, immediately after, and one and three months after the intervention.
Method of measurement
Goldberg General Health Questionnaire, Baer Mindfulness Questionnaire

Secondary outcomes

empty

Intervention groups

1

Description
Intervention group: 8 sessions of offline yoga training (one session per week via video) for 8 consecutive weeks, along with daily physical exercises performed by participants at home or in student dormitories (standard yoga meditation). Before the start of the training sessions, an in-person orientation and educational session will be conducted by the researchers regarding yoga, its goals, how to perform it, and the intervention process. Then, in the intervention group, yoga sessions will be held virtually in 8 sessions over 8 consecutive weeks (one one-hour session per week) under the supervision of the researchers. To follow up on performing the exercises at home/dormitory and to address possible problems, daily telephone contact or communication through the Bale social network will be carried out, and a daily report form will be completed by the student and reviewed by the researcher. First, stretching and warm-up exercises, then the sun salutation exercise and other intermediate yoga asanas such as back bend, forward bend, standing and seated side bend, hero, child's pose, boat, triangle, etc., and then breathing exercises or pranayama (alternate nostril breathing and abdominal breathing) and meditation and relaxation will be performed.
Category
Lifestyle

2

Description
Control group: no intervention will be performed.
Category
Lifestyle

Recruitment centers

1

Recruitment center
Name of recruitment center
Hazrat Fatemeh (PBUH), School of Nursing and Midwifery
Full name of responsible person
Neda Jamali Moghadam
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Sponsors / Funding sources

1

Sponsor
Name of organization / entity
Shiraz University of Medical Sciences
Full name of responsible person
Hamid Mohammadi
Street address
7th Floor, Central Administration Building, Shiraz University of Medical Sciences, Next to the Red Crescent Society, Zand Street, Shiraz, Iran.
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Email
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Web page address
https://research.sums.ac.ir
Grant name
Grant code / Reference number
Is the source of funding the same sponsor organization/entity?
Yes
Title of funding source
Shiraz 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
Shiraz University of Medical Sciences

Full name of responsible person
Neda Jamalimoghadam

Position
Assistant Professor of Nursing

Latest degree
Ph.D.

Other areas of specialty/work
Nursery

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Fatemeh (PBUH) School of Nursing and Midwifery, Namazi Hospital, Namazi Square, Shiraz, Iran.

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Other areas of specialty/work
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Person responsible for updating data

Contact

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Full name of responsible person
Neda Jamalimoghadam

Position
Assistant Professor of Nursing

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Sharing plan

Deidentified Individual Participant Data Set (IPD)
Yes - There is a plan to make this available

Study Protocol
Yes - There is a plan to make this available

Statistical Analysis Plan
Yes - There is a plan to make this available

Informed Consent Form
No - There is not 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

Title and more details about the data/document
De-identified statistical data may be made available upon reasonable request by email to the corresponding author and subject to obtaining permission from the relevant research center. Access will be limited to anonymized data and relevant supporting documents, where applicable. No personally identifiable information or documents containing confidential participant information will be shared. Requests will be reviewed to ensure compliance with institutional policies, ethical requirements, and data confidentiality regulations.

When the data will become available and for how long
After the article is published

To whom data/document is available
Researchers affiliated with academic, scientific, or other relevant institutions may request access to the study's de-identified statistical data and relevant supporting documents by contacting the corresponding author via email. All requests will be reviewed on a case-by-case basis, and access will be granted subject to approval by

the relevant research center and compliance with institutional policies, ethical requirements, and data confidentiality regulations. Researchers from industry or other organizations may also submit requests under the same conditions. Only anonymized data will be shared.

Under which criteria data/document could be used

Data and documents may be accessed and used only after obtaining the required permission from the relevant research center and complying with all applicable legal, ethical, and institutional requirements. Data must be used solely for the approved research purposes while maintaining confidentiality.

From where data/document is obtainable

After publication, applicants may request access to the de-identified study data and relevant documents by emailing the corresponding author. Access is subject to obtaining the required permission from the relevant research center and complying with applicable legal and ethical requirements.

What processes are involved for a request to access data/document

After publication, applicants should email the corresponding author with a formal request specifying the intended use of the data. Access will be provided after obtaining the required permission from the relevant research center and fulfilling applicable legal and ethical requirements. The process may take up to three months.

Comments