

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

01 Jul 2026

### Effects of a TTM-based yoga program with Spiritual education on happiness of Shiraz elders

#### Protocol summary

##### Summary

1) Study goal: to determine the effects of a spiritual education as well as a yoga training program based on the Trans theoretical model, on the happiness level of elderly living in nursing homes. 2) Design: this controlled field trial will be performed on 111 elders of Shiraz nursing homes in the form of three groups; participants in experimental group will be trained for both yoga and spiritual skills. Seniors in the active control group will be trained for aerobic activities, and seniors in the control group will carry out normal activities in a nursing home. The three centers under study will be randomly selected among all urban centers and then will randomly allocate to the groups. 3) Inclusion criteria: voluntary consent to participate in the study; belief in one of the divine religions; and having the physical and mental health. Exclusion criteria: lack of regular participation in the training sessions. 4) Interventions include yoga training based on four main constructs of trans theoretical model of change which include stage of change, process of change, decisional balance and self efficacy. Also spirituality training will be done in the form of three short modules with the aim of explaining the relationship between man and the creator. 5) Outcomes and tools: happiness as the main outcome of the study will be measured using the oxford happiness scale; to measure spirituality, spiritual health scale will be used and the specific questionnaires will be used to measure the model's constructs.

#### General information

##### Acronym

##### IRCT registration information

IRCT registration number: **IRCT2016110128378N3**

Registration date: **2016-12-03, 1395/09/13**

Registration timing: **registered\_while\_recruiting**

Last update:

Update count: **0**

##### Registration date

2016-12-03, 1395/09/13

##### Registrant information

###### Name

Kambiz Karimzadeh Shirazi

###### Name of organization / entity

Social determinants of health research center, school of health, Yasuj University of Medical Science

###### Country

Iran (Islamic Republic of)

###### Phone

+98 74133220881

###### Email address

shirazi.kambiz@yums.ac.ir

##### Recruitment status

**Recruitment complete**

##### Funding source

Yasuj University of Medical Sciences

##### Expected recruitment start date

2016-10-30, 1395/08/09

##### Expected recruitment end date

2016-12-29, 1395/10/09

##### Actual recruitment start date

empty

##### Actual recruitment end date

empty

##### Trial completion date

empty

##### Scientific title

Effects of a TTM-based yoga program with Spiritual education on happiness of Shiraz elders

##### Public title

Effects of spirituality and yoga on happiness of elderly

##### Purpose

Prevention

## Inclusion/Exclusion criteria

Inclusion criteria: voluntary consent to participate in the study; belief in one of the divine religions; having the physical and mental health. Exclusion criterion: lack of regular participation in the training sessions.

### Age

From **60 years** old

### Gender

Both

### Phase

N/A

### Groups that have been masked

*No information*

### Sample size

Target sample size: **111**

### Randomization (investigator's opinion)

Randomized

### Randomization description

### 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 Yasuj University of Medical Sciences

##### Street address

Staff building, school of health, Dastjerdi avenue, Ostandari Square

##### City

Yasuj

##### Postal code

##### Approval date

2016-10-29, 1395/08/08

##### Ethics committee reference number

IR.YUMS.Rec.1395.154

## Health conditions studied

### 1

#### Description of health condition studied

Sadness

#### ICD-10 code

Z55.9

#### ICD-10 code description

Problem related to education and literacy, unspecified

## Primary outcomes

### 1

#### Description

Happiness

#### Timepoint

Before and 2 weeks after the intervention

#### Method of measurement

Questionnaire

## Secondary outcomes

### 1

#### Description

Spirituality

#### Timepoint

Before and 2 weeks after the intervention

#### Method of measurement

Questionnaire

## Intervention groups

### 1

#### Description

Experimental group: training for both spiritual skills that will be done in the form of three short modules with the aim of explaining the relationship between man and the creator; and yoga training that will be performed based on the four main constructs of transtheoretical model which include stages of change, process of change, decisional balance and self-efficacy

#### Category

Lifestyle

### 2

#### Description

Active control group: training for aerobic activities

#### Category

Lifestyle

### 3

#### Description

Control group: normal routine activities in nursing homes

#### Category

Lifestyle

## Recruitment centers

### 1

#### Recruitment center

##### Name of recruitment center

Jahandidegan nursing home

##### Full name of responsible person

Roya Razavi

##### Street address

Kholdebarin park

**City**  
Shiraz

## Sponsors / Funding sources

1

### Sponsor

**Name of organization / entity**

Yasuj University of Medical Sciences

**Full name of responsible person**

Dr. Ali moosavizadeh

**Street address**

Shahid Motahari Av; Main building of deputy of research; Yasuj University of Medical Sciences

**City**

Yasuj

**Grant name**

**Grant code / Reference number**

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

Yes

**Title of funding source**

Yasuj 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**

Yasuj University of Medical Sciences, School of Health

**Full name of responsible person**

Kambiz Karimzadeh Shirazi

**Position**

Faculty member, PhD

**Other areas of specialty/work**

**Street address**

Staff building, school of health, Dastjerdi avenue, Ostandari Square. postal code 7591875114

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**Web page address**

## Person responsible for scientific inquiries

### Contact

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## Person responsible for updating data

### Contact

**Name of organization / entity**

Yasuj University of Medical Sciences

**Full name of responsible person**

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## 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*