Clinical Trial Protocol
Iranian Registry of Clinical Trials

18 Nov 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 perform 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
City
Yasuj
Postal code
Phone
+98 74 2233 0881
Fax
Email
shirazi.kambiz@yums.ac.ir; karimzadehshirazi@yahoo.com
Web page address

Person responsible for scientific 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
City
Yasuj
Postal code
7591875114
Phone
+98 74133220881
Fax
Email
shirazi.kambiz@yums.ac.ir; karimzadehshirazi@yahoo.com
Web page address

Person responsible for updating data

Contact
Name of organization / entity
Yasuj University of Medical Sciences
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
City
Yasuj
Postal code
7591875114
Phone
+98 74133220881
Fax
Email
shirazi.kambiz@yums.ac.ir; karimzadehshirazi@yahoo.com
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