

# National Program to Overcome Pelvic Pain study (POPPY)

NCT06778070

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<b>Status</b>	RECRUITING
<b>Phase</b>	Not Applicable
<b>Sponsor</b>	University of California, San Francisco
<b>Enrollment</b>	220 participants

## Key Eligibility Criteria

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### Inclusion (5)

- Women (individuals reporting female sex assigned at birth who self-identify as women or non-binary) aged 18 years or older
- Report chronic or recurrent pain in the pelvis (between or below the anterior iliac crests) for at least 6 months
- Report at least moderate pain intensity based on a screening pain log
- Report prior clinical evaluation of their pelvic pain by a healthcare professional including at least a superficial pelvic exam
- Willing to refrain from initiating new clinical treatments that may affect their pain during the study period

### Exclusion (12)

- Report pelvic pain occurring exclusively with menses or exclusively during sexual intercourse (although candidates with at least some pain between menses or intercourse are still eligible)
- Participation in organized yoga classes or muscle strengthening programs (e.g., Pilates) in the past 4 weeks, or any prior yoga therapy specifically directed at pelvic pain
- Lacking technical requirements to complete intervention classes by video, including no access to broadband internet or a Zoom-compatible device larger than a smartphone \[display screen at least 7 inches in diagonal\] (although the study team may loan devices to participants from underrepresented backgrounds)
- Currently pregnant (by self-report or screening test), pregnant within the past 12 weeks, or planning pregnancy during the study period
- Diagnosed with an alternate, reversible cause of pelvic pain that is unlikely to respond to yoga and requires another treatment modality (e.g., current pelvic infection or a gynecologic dermatosis)
- ... and 7 more (see full listing online)

## Locations (1 total)

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University of California San Francisco, San Francisco, California, United States

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<https://clinicaltrials.gov/study/NCT06778070>

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