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Effects of Iyengar yoga on perceived stress, quality of life and autonomic function in healthy distressed women - a randomised trial

Submission date
26/04/2006

Recruitment status
No longer recruiting

Registration date
07/06/2006

Overall study status
Completed

Last Edited
11/01/2021

Condition category
Mental and Behavioural Disorders

[ ] Prospectively registered
[ ] Protocol
[ ] Statistical analysis plan
[X] Results
[ ] Individual participant data

Plain English summary of protocol
Not provided at time of registration

Contact information

Type(s)
Scientific

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Additional identifiers

Protocol serial number
03-06 K

Study information

Scientific Title
Effects of Iyengar yoga on perceived stress, quality of life and autonomic function in healthy distressed women - a randomised trial

Study objectives
Three months of Iyengar Yoga training leads to reduced perceived stress, according to the perceived stress scale (PSS)

Ethics approval required
Old ethics approval format

Ethics approval(s)
Approved by the Ethics Committee of the University Hospital of Essen on 08/03/2006, reference number: 06-2968

Study design
Randomised controlled trial with waiting list

Primary study design
Interventional

Study type(s)
Treatment

Health condition(s) or problem(s) studied
Perceived higher stress according to PSS scale

Interventions
Group A: 3 months Iyengar yoga 2 x 90 minutes per week
Group B: 3 months Iyengar yoga 1 x 90 minutes per week
Group C: waiting list

Intervention Type
Other

Phase
Not Specified

Primary outcome(s)
Differences between the groups of perceived stress reduction (yoga versus waiting list) after three months of intervention

Key secondary outcome(s))
Between group differences (yoga versus waiting list and intensified versus moderate yoga) in:
1. Anxiety
2. Depression scores (state trait anxiety inventory [STAI], hospital anxiety and depression scale [HADS])
3. Mood and well-being (Profile of Mood States [POMS])
4. Quality of life (short-form questionnaire-36 [SF-36], heart rate variability and blood pressure during mental and physical stress)
5. Complaint lists
6. Cortisol profiles in saliva samples

Completion date

10/05/2006

Eligibility

Key inclusion criteria
1. Women 20 to 55 years of age
2. Higher stress according to PSS
3. Having 3 of 8 stress symptoms:
a. Insomnia
b. Back pain
c. Neck pain
d. Fatigue
e. Cold hands
f. Reduced day-time alertness
g. Eating disorder
h. Tension-type headache

Participant type(s)
Patient

Healthy volunteers allowed
No

Age group
Adult

Sex
Female

Total final enrolment
72

Key exclusion criteria
1. Severe comorbidity
2. Gravidity
3. Psychiatric disease
4. Severe orthopedic malfunction

Date of first enrolment
04/05/2006

Date of final enrolment
10/05/2006

Locations

Countries of recruitment
Germany

Study participating centre
Am Deimelsberg 34a
Essen
Germany
45276

Sponsor information

Organisation
Karl and Veronica Carstens Foundation (Germany)

ROR
https://ror.org/00w6s5b11

Funder(s)

Funder type
Charity

Funder Name
Karl and Veronica Carstens Foundation

Results and Publications

Individual participant data (IPD) sharing plan

IPD sharing plan summary
Not provided at time of registration

Study outputs

Output type	Details	Date created	Date added	Peer reviewed?	Patient-facing?
Results article	results	01/01/2012	11/01/2021	Yes	No