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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

EudraCT/CTIS number

IRAS number

ClinicalTrials.gov number

Secondary identifying numbers
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

Secondary study design
Randomised controlled trial

Study setting(s)
Not specified

Study type(s)
Treatment

Participant information sheet

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 measure

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

Secondary outcome measures
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

Overall study start date
04/05/2006

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

Age group
Adult

Sex
Female

Target number of participants
72

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)

Sponsor details
Am Deimelsberg 36
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Sponsor type
Charity

Website
http://www.carstens-stiftung.de

ROR
https://ror.org/00w6s5b11

Funder(s)

Funder type
Charity

Funder Name
Karl and Veronica Carstens Foundation

Results and Publications

Publication and dissemination plan
Not provided at time of registration

Intention to publish date

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