A randomised trial of yoga in type two diabetes

Recruitment status No longer recruiting	Prospectively registered		
	∐ Protocol		
Overall study status	Statistical analysis plan		
Completed	[X] Results		
Condition category	[] Individual participant data		
	No longer recruiting Overall study status Completed		

Plain English summary of protocol

Not provided at time of registration

Contact information

Type(s)

Scientific

Contact name

Prof Trisha Greenhalgh

Contact details

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Additional identifiers

Protocol serial number N/A

Study information

Scientific Title

Study objectives

Null hypothesis: yoga therapy plus exercise advice is no more effective than exercise advice alone in improving control in diabetes

Ethics approval required

Old ethics approval format

Ethics approval(s)

Approved by Haringey LREC 27th July 2004 (ref: 04/Q0509/32)

Study design

Randomised controlled trial

Primary study design

Interventional

Study type(s)

Treatment

Health condition(s) or problem(s) studied

Diabetes

Interventions

Exercise advice and twice weekly yoga for three months OR exercise advice alone.

Intervention Type

Other

Phase

Not Specified

Primary outcome(s)

HbA1c

Key secondary outcome(s))

- 1. United Kingdom Prospective Diabetes Study (UKPDS) risk score
- 2. Self efficacy
- 3. Patient enablement instrument
- 4. Measure Yourself Medical Outcome Profile (MYMOP)

Completion date

31/07/2007

Eligibility

Key inclusion criteria

People over 18 with non-insulin treated diabetes

Participant type(s)

Patient

Healthy volunteers allowed

No

Age group

Adult

Lower age limit

18 years

Sex

All

Key exclusion criteria

- 1. Inability to give informed consent
- 2. Physical or psychological contraindication to exercise
- 3. Inability to speak English sufficiently to understand the yoga teacher
- 4. Unwillingness to join a yoga group

Date of first enrolment

01/08/2006

Date of final enrolment

31/07/2007

Locations

Countries of recruitment

United Kingdom

England

Study participating centre University College London

London United Kingdom N19 5LW

Sponsor information

Organisation

Novo Nordisk Research Foundation (UK)

ROR

https://ror.org/027754r66

Funder(s)

Funder type

Charity

Funder Name

Novo Nordisk Research Foundation (UK)

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	19/02/2009		Yes	No