

A randomised trial of yoga in type two diabetes

Submission date 03/07/2006	Recruitment status No longer recruiting	<input type="checkbox"/> Prospectively registered
Registration date 28/11/2006	Overall study status Completed	<input type="checkbox"/> Protocol
Last Edited 09/12/2010	Condition category Nutritional, Metabolic, Endocrine	<input type="checkbox"/> Statistical analysis plan
		<input checked="" type="checkbox"/> Results
		<input type="checkbox"/> Individual participant data

Plain English summary of protocol

Not provided at time of registration

Contact information

Type(s)

Scientific

Contact name

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Contact details

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Additional identifiers

EudraCT/CTIS number

IRAS number

ClinicalTrials.gov number

Secondary identifying numbers

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

Secondary study design

Randomised controlled trial

Study setting(s)

Other

Study type(s)

Treatment

Participant information sheet**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 measure

HbA1c

Secondary outcome measures

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

Overall study start date

01/08/2006

Completion date

31/07/2007

Eligibility

Key inclusion criteria

People over 18 with non-insulin treated diabetes

Participant type(s)

Patient

Age group

Adult

Lower age limit

18 Years

Sex

Both

Target number of participants

60

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

England

United Kingdom

Study participating centre

University College London
London

United Kingdom
N19 5LW

Sponsor information

Organisation

Novo Nordisk Research Foundation (UK)

Sponsor details

Broadfield Park
Brighton Road
Crawley, West Sussex
United Kingdom
RH11 9RT

Sponsor type

Charity

Website

http://www.novonordiskfoundation.co.uk/documents/home_page/document/index.asp

ROR

<https://ror.org/027754r66>

Funder(s)

Funder type

Charity

Funder Name

Novo Nordisk Research Foundation (UK)

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	19/02/2009		Yes	No