

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	☐ Prospectively registered
Registration date 07/06/2006	Overall study status Completed	☐ Protocol
Last Edited 11/01/2021	Condition category Mental and Behavioural Disorders	☐ Statistical analysis plan
		☒ 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

Primary study design

Interventional

Study design

Randomised controlled trial with waiting list

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