ISRCTN63637211 https://doi.org/10.1186/ISRCTN63637211

A randomised trial of yoga in type two diabetes

Submission date	Recruitment status	[_] Prospectively registered
03/07/2006	No longer recruiting	[_] Protocol
Registration date	**Overall study status**	[_] Statistical analysis plan
28/11/2006	Completed	[X] Results
Last Edited	**Condition category**	[_] Individual participant data
09/12/2010	Nutritional, Metabolic, Endocrine	

Plain English summary of protocol
Not provided at time of registration

Contact information

Type(s)
Scientific

Contact name
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Additional identifiers

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)

Primary study design
Interventional

Study design
Randomised controlled trial

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