

# A randomised trial of yoga in type two diabetes

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| <b>Submission date</b><br>03/07/2006   | <b>Recruitment status</b><br>No longer recruiting              | <input type="checkbox"/> Prospectively registered    |
| <b>Registration date</b><br>28/11/2006 | <b>Overall study status</b><br>Completed                       | <input type="checkbox"/> Protocol                    |
| <b>Last Edited</b><br>09/12/2010       | <b>Condition category</b><br>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

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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)

**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? |
|---------------------------------|---------|--------------|------------|----------------|-----------------|
| <a href="#">Results article</a> | results | 19/02/2009   |            | Yes            | No              |