

# A pilot randomised controlled trial of yoga for chronic low back pain

|                                        |                                                       |                                                                                                   |
|----------------------------------------|-------------------------------------------------------|---------------------------------------------------------------------------------------------------|
| <b>Submission date</b><br>11/06/2007   | <b>Recruitment status</b><br>No longer recruiting     | <input type="checkbox"/> Prospectively registered<br><input checked="" type="checkbox"/> Protocol |
| <b>Registration date</b><br>02/08/2007 | <b>Overall study status</b><br>Completed              | <input type="checkbox"/> Statistical analysis plan<br><input checked="" type="checkbox"/> Results |
| <b>Last Edited</b><br>05/05/2011       | <b>Condition category</b><br>Musculoskeletal Diseases | <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

**Protocol serial number**  
15/08/06 Version 3

## Study information

**Scientific Title**

**Acronym**

Yoga Pilot

**Study objectives**

To assess recruitment, practicality and feasibility of a randomised controlled trial of yoga for chronic low back pain in order to inform a larger multicentre trial.

**Ethics approval required**

Old ethics approval format

**Ethics approval(s)**

MREC approval was granted in October 2006. Research Governance approval was given on 09/032007

**Study design**

Pragmatic single site randomised controlled trial with equal allocation

**Primary study design**

Interventional

**Study type(s)**

Treatment

**Health condition(s) or problem(s) studied**

Chronic low back pain

**Interventions**

As well as receiving their usual care patients receiving this treatment will be offered 12 weekly sessions of yoga plus the Back Book (a small information booklet aimed at patients with back pain and is based on current evidence). Each session will last 75 minutes with a Hatha and Iyenga yoga programme of relaxing, toning, stretching and breathing. The yoga package of care has been developed by several yoga specialists with the aid of GPs and physiotherapists to provide an optimal regime.

**Intervention Type**

Other

**Phase**

Not Specified

**Primary outcome(s)**

Back pain, measured using the Roland and Morris Back pain Questionnaire (RDQ) and the Aberdeen Back Pain Scale.

Primary and secondary outcomes will be measured at baseline, 3 months, 6 months and 12 months.

**Key secondary outcome(s)**

1. Quality of life, measured using the 36-item Short Form health survey (SF-36)
2. Pain self-efficacy, measured using the Pain Self-Efficacy Questionnaire (PSEQ)
3. Practicality and feasibility

Primary and secondary outcomes will be measured at baseline, 3 months, 6 months and 12 months.

**Completion date**

18/09/2007

## Eligibility

**Key inclusion criteria**

1. Aged 18 to 65 years
2. Attended General Practice (GP) for a consultation of back pain in previous 18 months
3. Scoring four or more on the Roland and Morris back pain scale

**Participant type(s)**

Patient

**Healthy volunteers allowed**

No

**Age group**

Adult

**Lower age limit**

18 years

**Sex**

Not Specified

**Key exclusion criteria**

1. Pregnant women
2. Life-threatening co-morbidities
3. Severe documented psychiatric problems (other than mild to moderate unipolar depression or a simple anxiety state) or alcohol dependency
4. Have participated in yoga in the previous six months
5. Are currently involved or have recently been in another trial for their back pain
6. Previous spinal surgery
7. Clinical indications of serious spinal or neurological pathology

**Date of first enrolment**

21/05/2007

**Date of final enrolment**

18/09/2007

## Locations

**Countries of recruitment**

United Kingdom

England

**Study participating centre**  
**Department of Health Sciences**  
York  
United Kingdom  
YO10 5DD

## Sponsor information

**Organisation**  
University of York (UK)

**ROR**  
<https://ror.org/04m01e293>

## Funder(s)

**Funder type**  
University/education

**Funder Name**  
York Trials Unit (UK) - Department of Health Sciences, University of York

## 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       | 01/11/2010   |            | Yes            | No              |
| <a href="#">Protocol article</a> | protocol      | 01/05/2010   |            | Yes            | No              |
| <a href="#">Study website</a>    | Study website | 11/11/2025   | 11/11/2025 | No             | Yes             |