

YOGIC PRACTICES

DEPRESSION RESEARCH

YOGIC PRACTICES

DEPRESSION RESEARCH

Best practice treatment in the acute phase of mild to moderate Major Depression is either pharmacotherapy, psychotherapy (CBT or IPT) or a combination of both

American Psychiatric Association

YOGIC PRACTICES

DEPRESSION RESEARCH

Best practice treatment of severe depression that is not responsive to pharmacotherapy or psychotherapy is electroconvulsive therapy

American Psychiatric Association

YOGIC PRACTICES

DEPRESSION RESEARCH

Other well-supported components of reducing depression include exercise, social connection and relaxation

YOGIC PRACTICES

DEPRESSION RESEARCH



Butler, Waelde et al (2008)

YOGIC PRACTICES

DEPRESSION RESEARCH

Meditation and hatha yoga intervention, in a small RCT with 46 participants diagnosed with long term, low-to-moderate levels of depression

Butler, Waelde et al (2008)

YOGIC PRACTICES

DEPRESSION RESEARCH

The range of diagnoses included Dysthymia, Major Depression of two years or more, “double depression” or a Major Depressive Episode in partial remission

Butler, Waelde et al (2008)

YOGIC PRACTICES

DEPRESSION RESEARCH

Exclusion criteria:
Bipolar Disorder, psychotic features, past or present psychosis, Panic Disorder, Generalised Anxiety Disorder, PTSD, drug dependence or abuse, current suicidality or previous attempts, significant medical condition, current participation in psychotherapy or a meditation group, or had started (or changed) prescribed antidepressant medications or St John's Wort in the previous 3 months

Butler, Waelde et al (2008)

YOGIC PRACTICES

DEPRESSION RESEARCH

Inner Resources program included meditation, hatha yoga, breathing techniques, guided breathing imagery, mantra repetition and psychoeducation

Butler, Waelde et al (2008)

YOGIC PRACTICES

DEPRESSION RESEARCH

8 weekly 2 hr group sessions,
one 4 hr retreat and a
booster session in week 12

Butler, Waelde et al (2008)

YOGIC PRACTICES

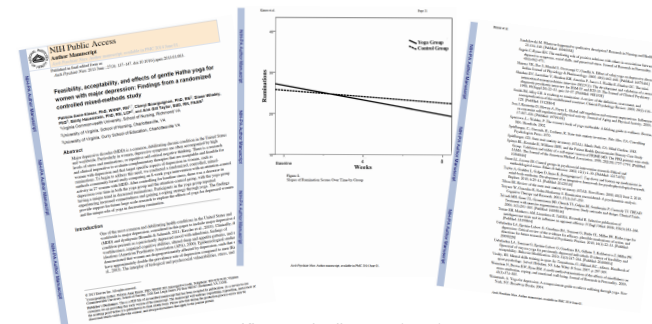
DEPRESSION RESEARCH

77% remission in yoga group
36% remission in psychoeducation only
control group
Statistically significant difference

Butler, Waelde et al (2008)

YOGIC PRACTICES

DEPRESSION RESEARCH



Kinsler and colleagues (2013)

YOGIC PRACTICES

DEPRESSION RESEARCH

Women diagnosed with Major Depressive Disorder or Dysthymia

Kinser and colleagues (2013)

YOGIC PRACTICES

DEPRESSION RESEARCH

Exclusion criteria:
Suicidality, psychosis, mania, physical conditions making yoga difficult, changes in antidepressant medication in the past month, regular yoga practice longer than 1 month within the past 5 years and non-English speaking

Kinser and colleagues (2013)

YOGIC PRACTICES

DEPRESSION RESEARCH

Yoga intervention included weekly group class and daily home practice for 8 weeks

Yoga included gentle āsana sequences, prāṇāyāma, intention setting, yoga nidra and relaxation in śavāsana

Kinser and colleagues (2013)

YOGIC PRACTICES

DEPRESSION RESEARCH

Participants in both groups had a significant decrease in levels of depression, anxiety and stress following the 8 week intervention

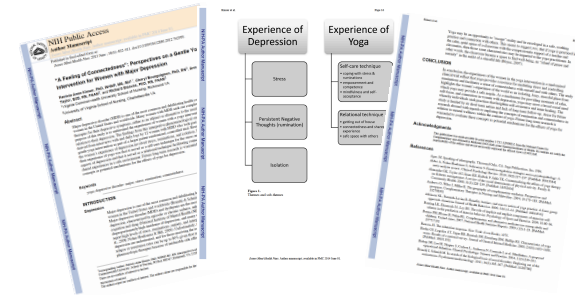
Kinser and colleagues (2013)

DEPRESSION RESEARCH

Participants in the yoga group showed significantly less rumination

Kinser and colleagues (2013)

DEPRESSION RESEARCH



Kinser and colleagues (2013)

DEPRESSION RESEARCH

1. Their experience of depression was one of persistent negative thinking (rumination) and stress

Kinser and colleagues (2013)

DEPRESSION RESEARCH

2. Yoga was beneficial as a self-care technique, that helped to learn methods for coping with stress and rumination, gave them a sense of empowerment and competence and promoted self-acceptance

Kinser and colleagues (2013)

YOGIC PRACTICES

DEPRESSION RESEARCH

“It helps more with my mood and my thoughts. I don’t have as much pressure when I’m in class. When I’m in the real world, there is a lot going on. In yoga class, I don’t have stress. I’m good.”

Kinser and colleagues (2013)

YOGIC PRACTICES

DEPRESSION RESEARCH

“I got to have a deeper connection, mostly with myself. In yoga, the teacher said to get to know your body, what it needs today—that is really what yoga is about, helping your own body. I got to know what my body needed.”

Kinser and colleagues (2013)

YOGIC PRACTICES

DEPRESSION RESEARCH

3. Reducing their sense of isolation as it allowed them to get out of the house, gain a sense of connectedness with others, have a shared experience and have positive experiences in a safe space with other participants

Kinser and colleagues (2013)

YOGIC PRACTICES

DEPRESSION RESEARCH

“Just showing up was good for me. Going somewhere without my husband was helpful for me. He would offer to drive but I could say ‘I think I can do it.’ Actually going and doing that was what’s good for me”

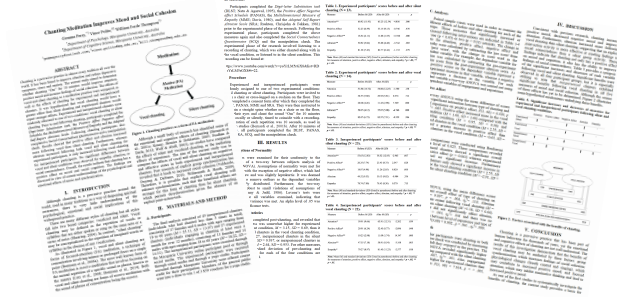
Kinser and colleagues (2013)

DEPRESSION RESEARCH

“We were all nervous, kind of like the first day of school, but [the teachers] were so welcoming and they created an environment where it was ok to make a mistake, so we all kind of relaxed and were able to work together as a group ... It was a very positive social experience for something that is normally very anxiety provoking for me”

Kinser and colleagues (2013)

DEPRESSION RESEARCH



Perry, Polito and Thompson (2016)

DEPRESSION RESEARCH

45 inexperienced chanters and 27 experienced chanters were instructed to sit with a straight spine, close their eyes and chant the sound “Om” for ten minutes with a recording

Perry, Polito and Thompson (2016)

DEPRESSION RESEARCH

Half the group were instructed to chant silently and the other half were instructed to chant vocally

Perry, Polito and Thompson (2016)

DEPRESSION RESEARCH

Chanting Om had a positive effect on mood

Perry, Polito and Thompson (2016)

DEPRESSION RESEARCH

Positive affect increased more with vocal chanting compared to silent chanting
In the vocal condition inexperienced chanters showed a greater increase in positive affect than experienced chanters

Perry, Polito and Thompson (2016)

DEPRESSION RESEARCH



de Manincor, Bensoussan, Smith, Fahey, and Bouchier (2015)

DEPRESSION RESEARCH

24 senior Yoga Teachers with mental health experience, were interviewed about the benefits of various yoga practices for reducing depression and anxiety

de Manincor, Bensoussan, Smith, Fahey, and Bouchier (2015)

YOGIC PRACTICES

DEPRESSION RESEARCH

A general consensus was reached on the application of yoga for reducing anxiety and depression

de Manincor, Bensoussan, Smith, Fahey, and Bouchier (2015)

YOGIC PRACTICES

DEPRESSION RESEARCH



de Manincor, Bensoussan, Smith, Barr, Schweikle, Donoghoe, Bouchier, and Fahey (2016)

YOGIC PRACTICES

DEPRESSION RESEARCH

15 senior Yoga Teachers provided individualised yoga sessions to 101 people over a six week period

de Manincor, Bensoussan, Smith, Barr, Schweikle, Donoghoe, Bouchier, and Fahey (2016)

YOGIC PRACTICES

DEPRESSION RESEARCH

In this RCT the researchers found that usual treatment and personalised yoga was 3.6 x more effective at reducing depression and improving mental health and wellbeing than usual treatment alone

de Manincor, Bensoussan, Smith, Barr, Schweikle, Donoghoe, Bouchier, and Fahey (2016)

YOGIC PRACTICES

DEPRESSION RESEARCH

The practices included āsana, prāṇāyāma, relaxation, meditation and lifestyle recommendations

de Manincor, Bensoussan, Smith, Fahey, and Bourchier (2015)

YOGIC PRACTICES

DEPRESSION RESEARCH

Āsanas:

- Co-ordinated flow of breath with movement
- Chest and heart opening, backward bending postures and movements that also focus on inhalation
- Moving repetition of postures
- Dynamic sequences of postures, including sun salutations
- A range of different postures, including sun salutations

de Manincor, Bensoussan, Smith, Fahey, and Bourchier (2015)

YOGIC PRACTICES

DEPRESSION RESEARCH

Āsanas to avoid:

- No recommendations

de Manincor, Bensoussan, Smith, Fahey, and Bourchier (2015)

YOGIC PRACTICES

DEPRESSION RESEARCH

Prāṇāyāma:

- Abdominal breathing
- Focus on inhalation
- Comfortable holding after inhalation
- Right nostril breathing, especially on inhalation

de Manincor, Bensoussan, Smith, Fahey, and Bourchier (2015)

YOGIC PRACTICES

DEPRESSION RESEARCH

Prāṇāyāma to avoid:

- No recommendations

de Manincor, Bensoussan, Smith, Fahey, and Bourchier (2015)

YOGIC PRACTICES

DEPRESSION RESEARCH

Relaxation:

- Active focus on physical body to shift focus away from mind and thoughts
- Done with visualisations that are positive, expansive and energising
- Using guided relaxation techniques, rather than self-directed

de Manincor, Bensoussan, Smith, Fahey, and Bourchier (2015)

YOGIC PRACTICES

DEPRESSION RESEARCH

Relaxation to avoid:

- No recommendations

de Manincor, Bensoussan, Smith, Fahey, and Bourchier (2015)

YOGIC PRACTICES

DEPRESSION RESEARCH

Meditation:

- Mindfulness
- Something for the mind to do and focus on, rather than just observation
- Active meditations

de Manincor, Bensoussan, Smith, Fahey, and Bourchier (2015)

YOGIC PRACTICES

DEPRESSION RESEARCH

Meditation to avoid:

- No recommendations

de Manincor, Bensoussan, Smith, Fahey, and Bourchier (2015)

YOGIC PRACTICES

DEPRESSION RESEARCH

Other components of a yoga practice:

- Cultivation of positive values, attitudes and behaviours
- Awareness of negative sensory input
- Formulation of meaningful affirmations and intentions (sankalpa)
- Visualisation and symbolic imagery techniques (bhavana)

de Manincor, Bensoussan, Smith, Fahey, and Bourchier (2015)

YOGIC PRACTICES

DEPRESSION RESEARCH

Other components of a yoga practice:

- Sound or chanting
- Spirituality or prayer
- Repetition of meaningful words or phrases (mantra)
- Symbolic gesture (mudra)

de Manincor, Bensoussan, Smith, Fahey, and Bourchier (2015)

YOGIC PRACTICES

DEPRESSION RESEARCH

Other components of a yoga practice to avoid:

- No recommendations

de Manincor, Bensoussan, Smith, Fahey, and Bourchier (2015)

DEPRESSION RESEARCH

Other components of a yogic lifestyle:

- Positive relationships
- Developing self-empowering knowledge
- Social involvement and support – linking with a supportive community (sanga)
- Lifestyle factors, including diet, smoking, drugs and alcohol, sleep, work, exercise

de Manincor, Bensoussan, Smith, Fahey, and Bourchier (2015)

DEPRESSION RESEARCH

Other components of a yogic lifestyle:

- Exposure to sunlight and natural environments
- Service to others, including volunteer work
- Pleasing environment, free from clutter, with good ventilation and natural light
- Education about yoga teachings and the potential benefits of yoga
- Group yoga classes

de Manincor, Bensoussan, Smith, Fahey, and Bourchier (2015)

DEPRESSION RESEARCH

Other components of a yogic lifestyle to avoid:

- No recommendations

de Manincor, Bensoussan, Smith, Fahey, and Bourchier (2015)

DEPRESSION RESEARCH

RATIONALE FOR USING YOGA FOR DEPRESSION

Yogic practices work to anchor the ruminative mind in the present moment

Cramer and Weintraub (2018)

YOGIC PRACTICES

DEPRESSION RESEARCH

RATIONALE FOR USING YOGA FOR DEPRESSION

Yogic practices offer a window out of
the depressed mood

Cramer and Weintraub (2018)

YOGIC PRACTICES

DEPRESSION RESEARCH

RATIONALE FOR USING YOGA FOR DEPRESSION

Yogic practices support students to
cultivate present moment awareness

Cramer and Weintraub (2018)

YOGIC PRACTICES

DEPRESSION RESEARCH

RATIONALE FOR USING YOGA FOR DEPRESSION

Yogic practices increase feelings of self-efficacy
and give people tools for managing their
symptoms of depression, thus increasing their
internal locus of control

Cramer and Weintraub (2018)

T H A N K Y O U

