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The effects of Yoga for anxiety

- Sharma et al (1991, n = 71)
- Anxiety neurosis.
- Yoga treatment : Yoga pranayama(n = 41) (33).
- Control: placebo capsule, once a day (n = 30) (24).
- Trial duration: 12 weeks
- Measurements : HAS , SUD, various physiological measures and PSLES
- Significant greater improvement in yoga group (p<0.05).

The effects of Yoga for anxiety

- Broota and Sanghvi (1994, n = 30)
- Examination anxiety
- Yoga treatment : Broota relaxation technique (n = 10)
- Control 1 : Jacobson's progressive relaxation technique (n = 10)
- Control 2 : talking only (n = 10)
- Trial duration: 3 days
- Measurement : ACL at pre and post , self evaluation ladder scale (anxiety measure)
- Significant difference between the three groups on the pre-post changes (p<0.01)
- Mean of the pre-post changes for Broota group significantly greater than Jacobson group (p<0.05) and talking control group (p<0.01)

The effects of Yoga for anxiety

- Shannahoff-Khalsa e.t. al (1999, n = 22)
- OCD (obsessive compulsive disorder)
- Yoga treatment : kundalini yoga meditation (n = 12) (7).
- Control : relaxation response and mindfulness meditation (n = 10) (7).
- Trial duration : 3 months
- Measurement : Y-BOCS at pre and post , SCL-90-R (OC and GSI), POMS, PSS, and PIL
- Significant reduction in mean for yoga group (p <0.05)

The effects of Yoga for anxiety

- Malathi and Damodaran (1999, n = 50)
- Examination anxiety
- Yoga treatment : yoga various asanas (n = 25)
- Control : work such as reading and writing (n = 25).
- Trial duration : 3 months
- Measurement : STAI at pre and post practice
- Significant pre-post reduction for yoga group (p<0.01)

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