Prêmio
F.023 YOGA PRACTICE IMPROVE PSYCHOPHYSIOLOGICAL PARAMETERS RELATED TO ANXIETY, DEPRESSION AND STRESS
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Resumo

Objectives: Although beneficial effects of yoga and similar procedures on mental and physical health have been reported, few well controlled studies have been published describing these effects. To determine the effects of yoga intervention on anxiety, depression and stress, a controlled trial comparing yoga practice and conventional physical exercises was performed. Methods: The research protocol was approved by a research ethics committee (006/08 - CEP/UFRN, CAAE 0006.0.051.000-08, advice 021/2008). Thirty six healthy military men aged twenty to forty-five years were included in the study. Subjects were randomized to six months of Hatha yoga classes, or military exercise class as a control for regular exercise. Outcome assessments performed at baseline and at the end of the 6-month period included anxiety, depression and stress inventories, and determination of salivary cortisol levels. Results: Only yoga practice subjects presented significant decrements in stress, anxiety and depression scores in 6-month measurements compared to baseline values, indicating significant improvements of psychological parameters in the Yoga practice group compared to the conventional physical exercises group. In addition, a decrease in salivary cortisol levels was also find only for yoga practice group (basal measurement: 1.54ug/dL + 0.68 – yoga and 0.84ug/dL + 0.64 – control; after 6 months: 0.48ug/dL + 0.51 – yoga and 1.30ug/dL + 0.71 – control). Conclusions: The results showed psychophysiological improvements in all parameters evaluated, suggesting a potential therapeutic benefit of this kind of intervention in anxiety, depression or stress-related conditions and their possible consequences to general health.

Palavras-chave: Yoga, Anxiety, Depression, Stress, Cortisol