

Review: Hatha yoga beneficial for reducing anxiety

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(HealthDay)—Hatha yoga is effective for reducing anxiety, and efficacy

increases with increasing number of practice hours, according to a meta-analysis published online May 20 in the *Journal of Evidence-Based Medicine*.

Stefan G. Hofmann, Ph.D., from Boston University, and colleagues conducted a meta-analysis of 17 studies to examine the effect of Hatha yoga on [anxiety](#). Data were included for 501 participants who received Hatha yoga and reported [anxiety levels](#) before and after yoga.

The researchers found that the pre-post within-group and controlled [effect sizes](#) were Hedges' $g = 0.44$ and 0.61 , respectively. There was a positive association for treatment efficacy with the total number of hours practiced. Yoga was most beneficial for people with elevated levels of anxiety. Study year, gender, presence of a medical disorder, or age did not moderate effect sizes. The quality of studies was relatively low, but the effect was not moderated by risk of study bias.

"Hatha yoga is a promising method for treating anxiety," the authors write. "However, more well-controlled studies are needed to compare the efficacy of Hatha [yoga](#) with other more established treatments and to understand its mechanism."

More information: [Abstract](#)
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