just what the doctor ordered: take a yoga class and depression, anxiety improve
13 November 2019

Results showed that within a month, both groups' sleep quality significantly improved. Tranquility, positivity, physical exhaustion and symptoms of anxiety and depression significantly improved in both groups, as measured by several validated clinical scales.

"Think of it this way, we give medications in different doses in order to enact their effects on the body to varying degrees. Here, we explored the same concept, but used yoga. We call that a dosing study. Past yoga and depression studies have not really delved deeply into this," explained corresponding author Chris Streeter, MD, associate professor of psychiatry at BUSM.

"Providing evidence-based data is helpful in getting more individuals to try yoga as a strategy for improving their health and well-being. These data are crucial for accompanying investigations of underlying neurobiology that will help elucidate 'how' yoga works," said study collaborator and co-author Marisa M. Silveri, Ph.D., neuroscientist at McLean Hospital and associate professor of psychiatry at Harvard Medical School.

Depression, a condition that affects one of every seven adults in the U.S. at some point in their lives, is treated with a variety of modalities, including counseling (especially through cognitive-behavioral therapy) and medication. Research has shown combining therapy and medication has greater success than either treatment alone. Although studies with more participants would be helpful in further investigating its benefits, this small study indicates adding yoga to the prescription may be helpful.
