Study-Design to investigate the effect of a 10-week yoga course with the focus on "Yamas and Niyamas" on stress response and Cool Down reactions in health professionals and teachers

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Background

The current work situation in health care facilities and schools lead to increased stress perception and strategic Cool Down reactions (i.e., emotional distancing as a strategy to cope with emotional exhaustion). Hence, teacher-student and doctor-patient relationships worsen with all economic effects (delayed patient recovery, poor schooling).

Meditation and yoga interventions were reported as beneficial strategies to cope. Therefore, we designed a study to assess the influence of yamas and niyamas (as ethical guidelines of yoga) within the framework of a yoga practice for healthcare staff and teachers. To our knowledge, there are no publications on this subject so far.

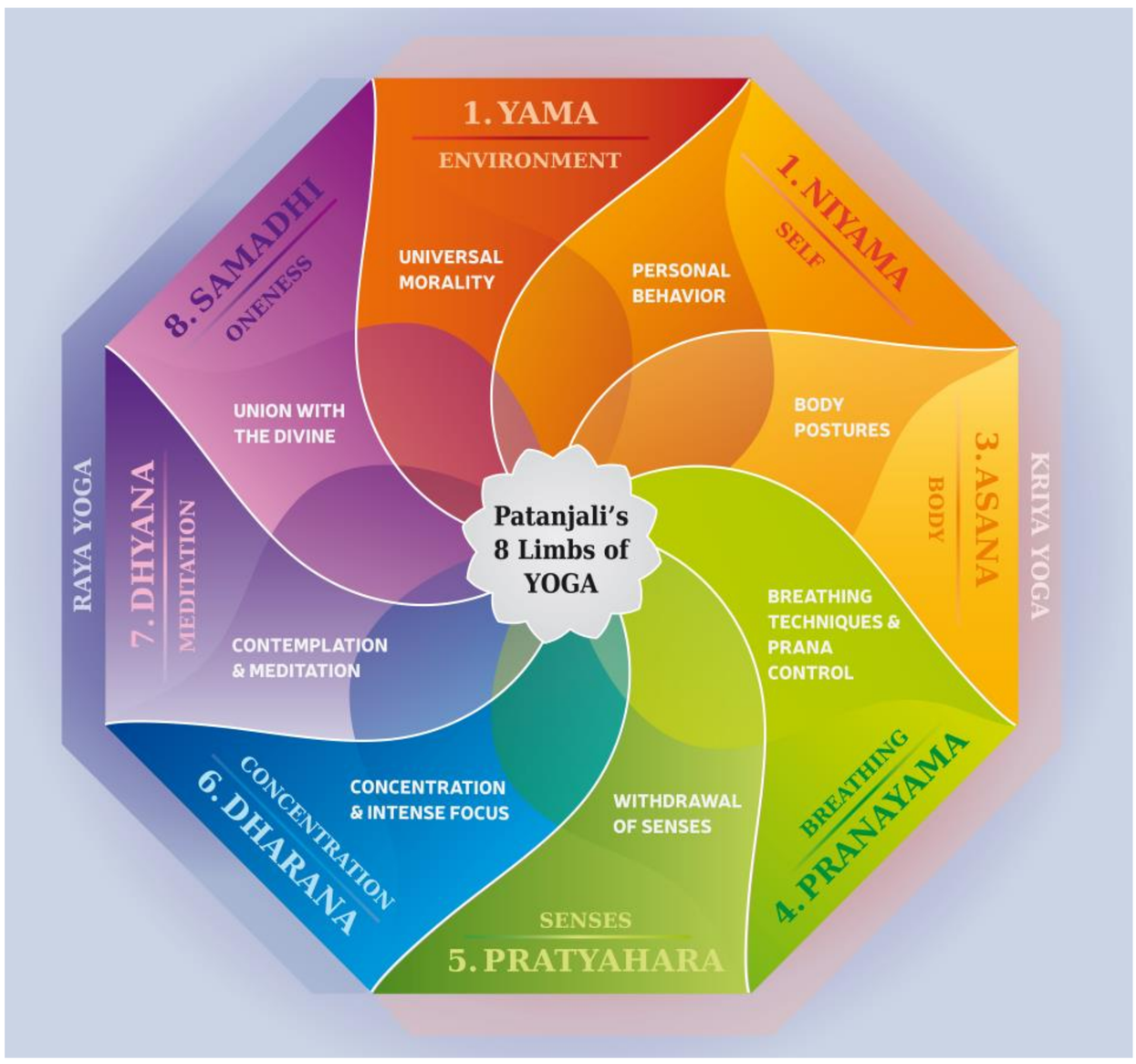


The pictures demonstrate the external and internal ethical guidelines in yogic exercise practice on the mat. Source: taken from Pixabay, https://www.pixabay.com/de/

Research Questions

- Does Yoga with focus on yamas and niyamas has an impact on Cool Down and stress perception?
- Does the impact of yoga with focus on yamas and niyamas has a better impact on Cool Down and stress perception than standard yoga classes ?

Figure 1: The eightfold path of Yoga according to Patanjali's Sutra.



Patanjali describes the elimination of all suffering as a goal of yoga. He recommends Ashtanga Yoga (ashta = eight, anga = limbs, leaves), the eight-petalled blossom of Yoga, as the way to this end. The eight limbs of Ashtanga Yoga are summarized in Sutra 2.29 and explained in the next section (2.30-2.34). The following sutras (2.35-2.55) further describe the advantages and methods of working with the eight limbs. In practice, the eight limbs of yoga are performed both sequentially and simultaneously. The development of one limb helps the development of another, while at the same time all limbs are practiced within their current capacity. It is important to note that the term Ashtanga Yoga has recently been used as a system of physical postures, which was never the original purpose of this name. Source taken from https://www.shutterstock.com/de/

Methods

Three-armed randomized controlled study:

1. yoga practice focusing on yamas / niyamas
2. yoga practice according to regulations of SHI
3. waiting list

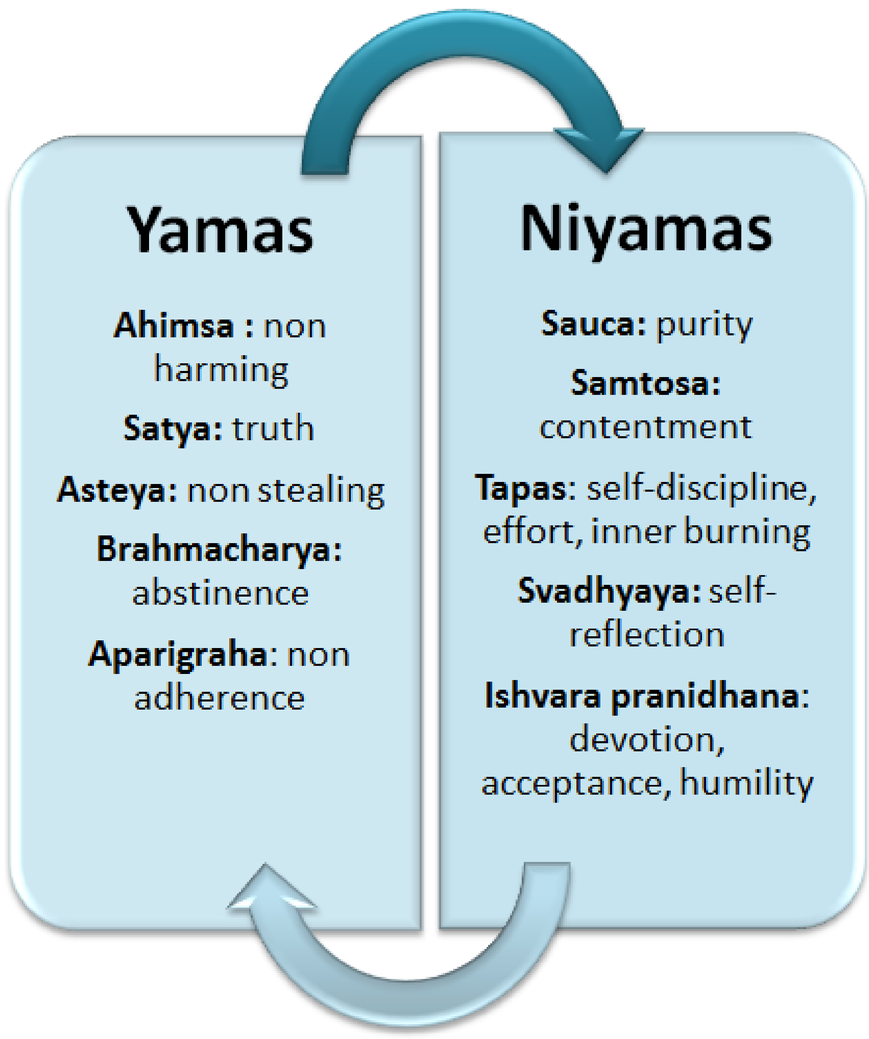
150 participants will be recruited and assessed at 4 time points (pre, during and post intervention as well as 6/12 months later on) with standardized questionnaires. The intervention lasts 10 weeks with 45 minutes of sessions per week, including a handout for home exercise.

Application of standardized questionnaires: i.e., Cool Down as emotional exhaustion and strategic inner dissociation from patients / students (CDI), stress perception (PSS and VAS), multidimensional life satisfaction (BMLSS-10), team satisfaction (BMLSS-Team), conscious presence ("situational awareness") (CPSA), self-efficacy expectation (GSE), compassion (SCBCS), awe/gratitude (GrAw-7), Inner Congruence with practices (ICPH)

Results

Presentation of a study design: No results available.

Figure 2: Yamas and Niyamas as ethical, moral and social guidelines for the yoga practitioner on and off the mat



With yamas we understand our behavior towards the environment and our fellow human beings. The yamas can on the one hand be understood as siddhi, i.e. as abilities which we acquire on the yoga path and internalise more and more. The yamas are to be understood as bhâvanâ, which can help us to find orientation in difficult life and decision situations. An enumeration of the yamas can be found in Sutra 2.30. Yamas translates as "limitations," "an adult relationship with all sentient beings," "in search of social harmony through". Niyamas describe our behaviour towards ourselves. Physical hygiene serves external purity. For the inner purity, for example the dissolving of physical blockades and the clarification of the mind, âsana, prânâyâma and meditation are suitable means. These exercises also promote inner satisfaction with what we have. In both aspects a holistic connection of the eight limbs becomes clear. Self-discipline, self-reflection and acceptance of what is real refer to the organization of everyday life in the context of this Sutra.

Conclusions

We expect 1) that Yoga with focus on yamas and niyamas has an impact on Cool Down and stress perception which is better compared to standard yoga, and 2) that both yoga interventions have better effects than wait list control.