

THE IMPACT OF YOGA ON PSYCHOLOGICAL HEALTH IN OLDER ADULTS

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WHY?



Introduction

- Older Adult use of yoga:
 - 17% of individuals over age 50.
 - 6% of individuals over age 65.
 - 16.5% of yoga practitioners are over 54.
- Benefits of exercise for older adults (Netz et al. meta-analysis).
- Yoga: More than Exercise for Older Adults.
- Self-control as explanation for yoga's impact.

Purpose of the Study

- Identify the impact of yoga on psychological health in older adults.
- Investigate self-control as the psychological mechanism underlying the impact of yoga.

Method: Participants

Participants' (N = 98) Demographics

Factor	Category	<i>f</i>	%
Gender	Females	74	75.50
	Males	24	24.50
Marital Status	Married	34	34.70
	Divorced	7	7.10
	Widowed	40	40.80
	Other	17	17.30
Occupational Status	Full-time Work	5	5.10
	Part-time Work	3	3.10
	Disabled	13	13.30
	Retired	76	76.00
	Never worked	1	1.00

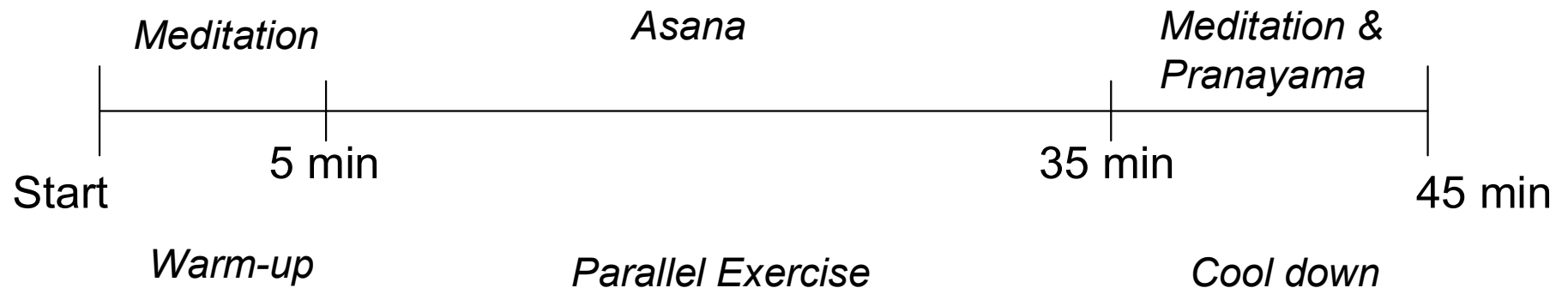
Participants' (N=98) Reported Exercise Practices

Factor	<i>Mean</i>	<i>SD</i>
Number of days exercising per week	3.95	2.15
Minutes per exercise session	41.58	18.86

Method: Interventions

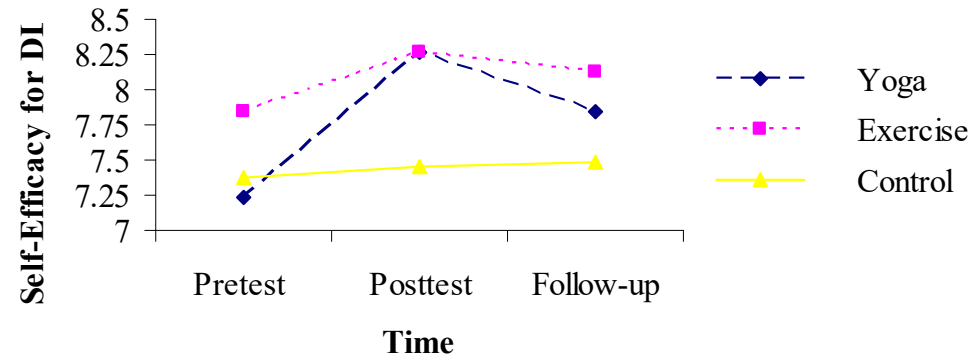
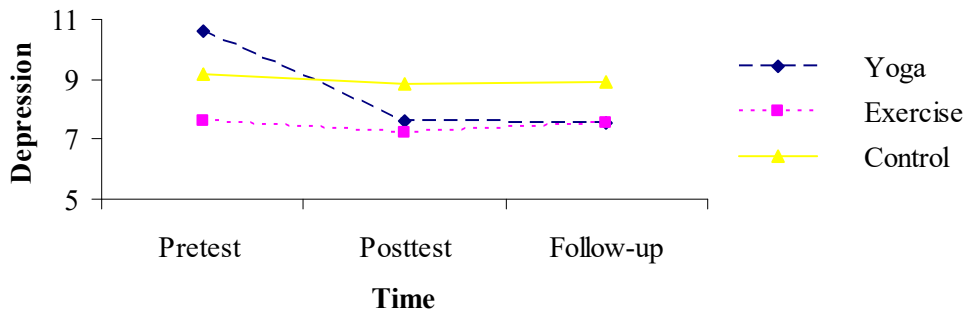
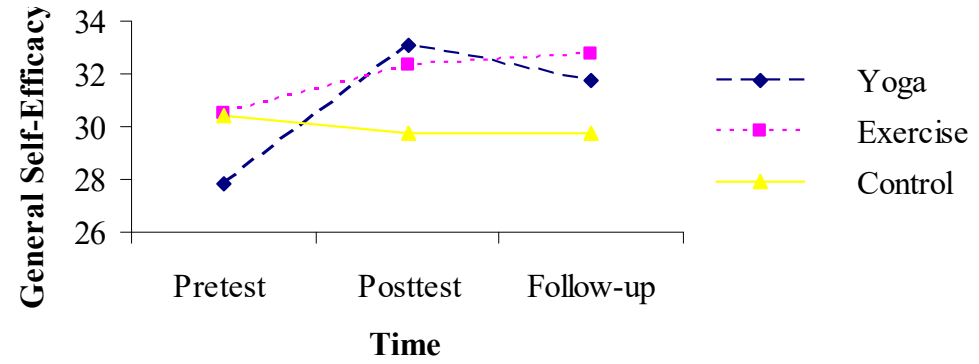
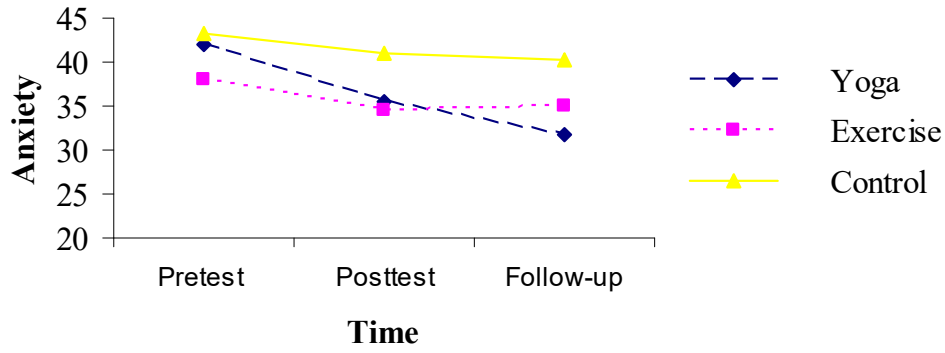
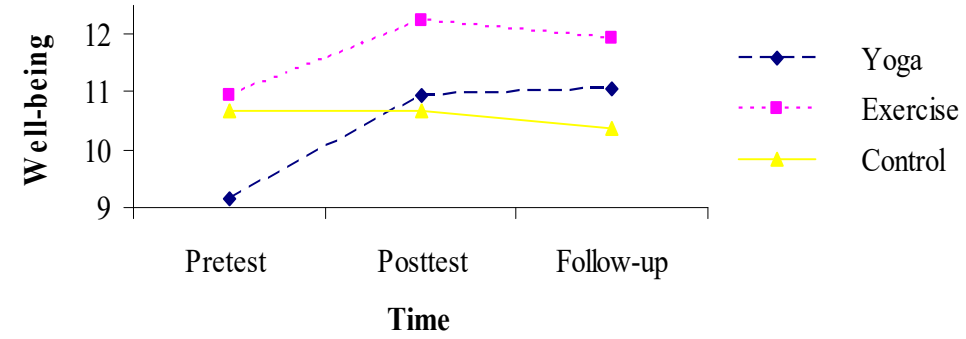
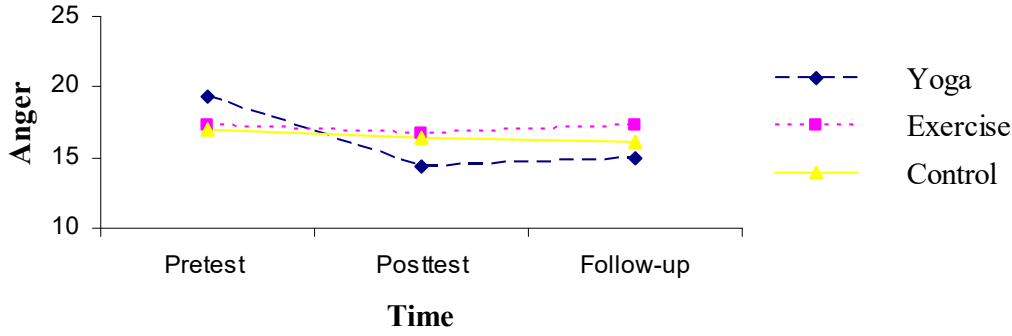
- Chair Yoga
- Chair Exercise
- No-treatment control

CHAIR YOGA CLASS TIMELINE

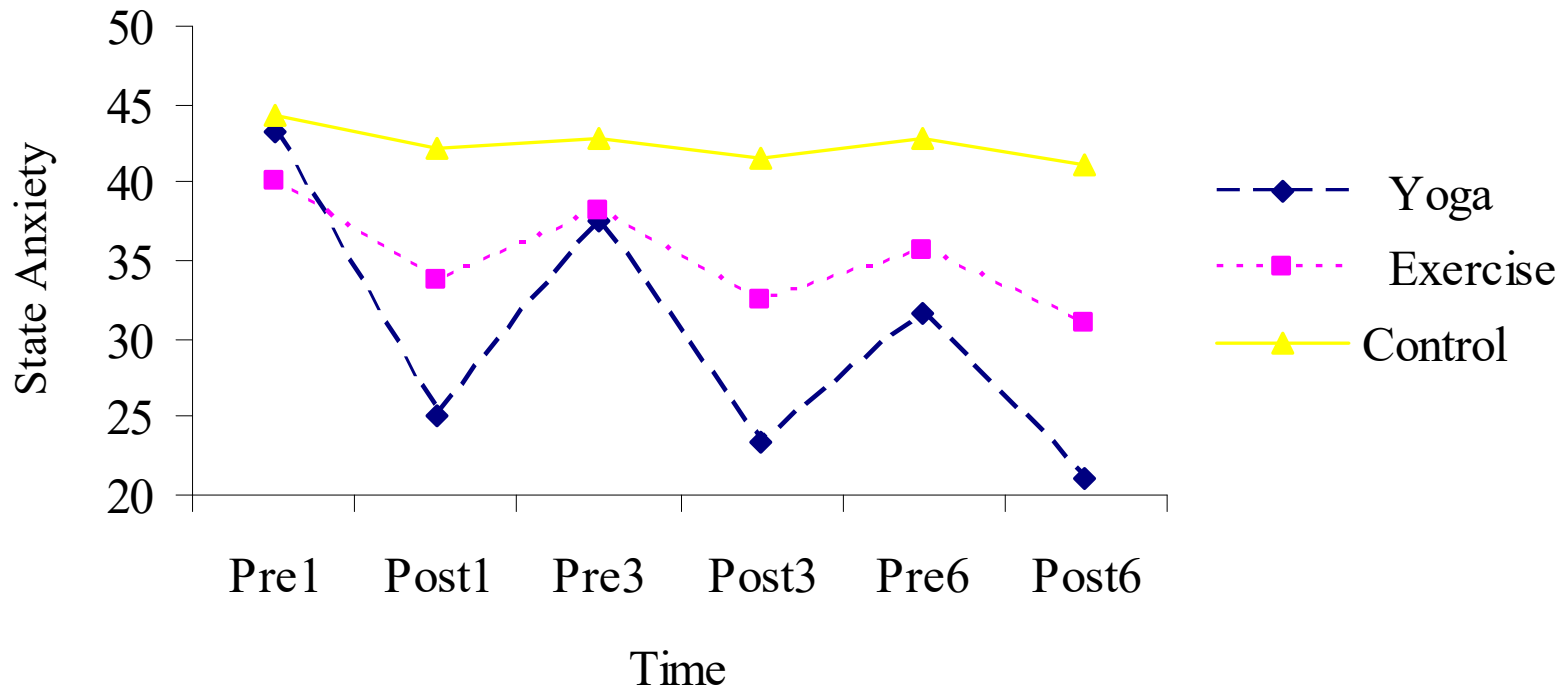
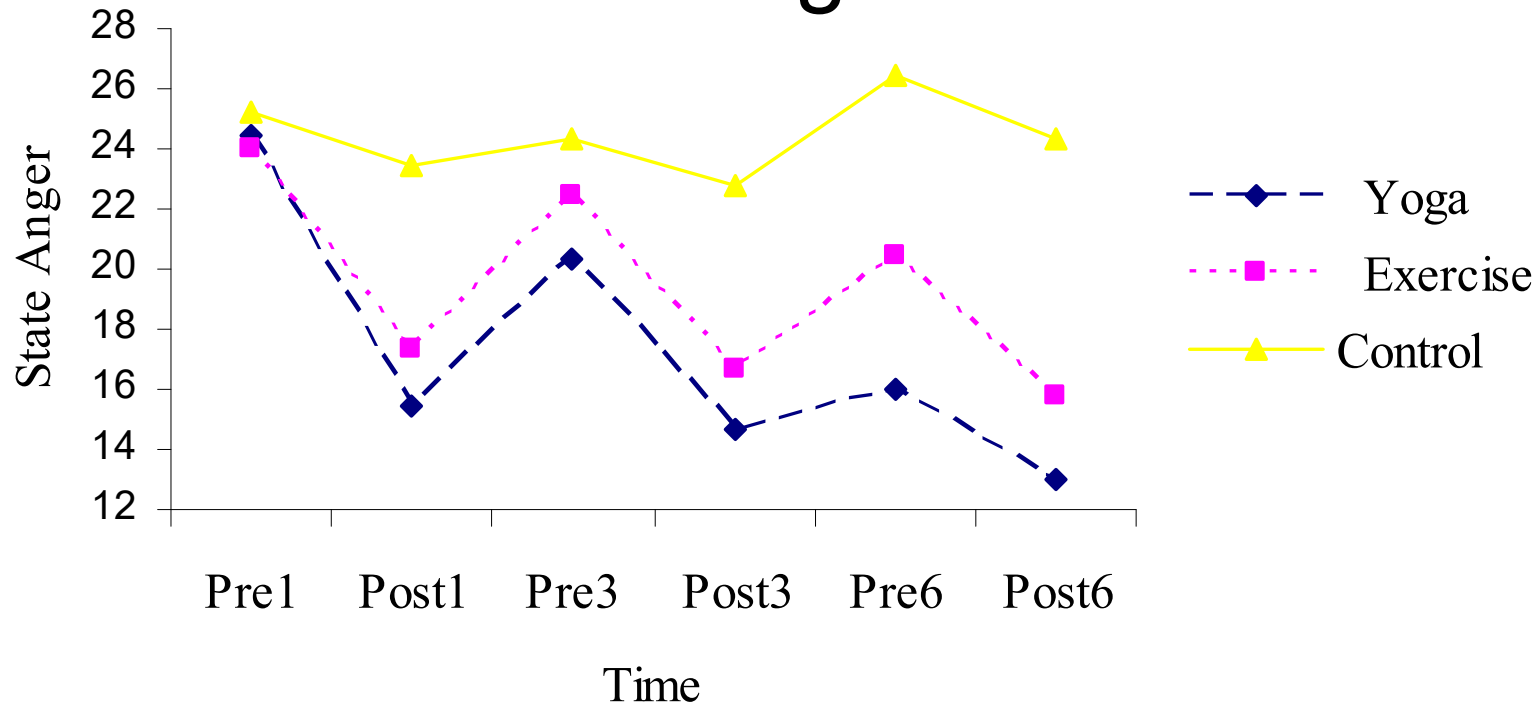


CHAIR EXERCISE CLASS TIMELINE

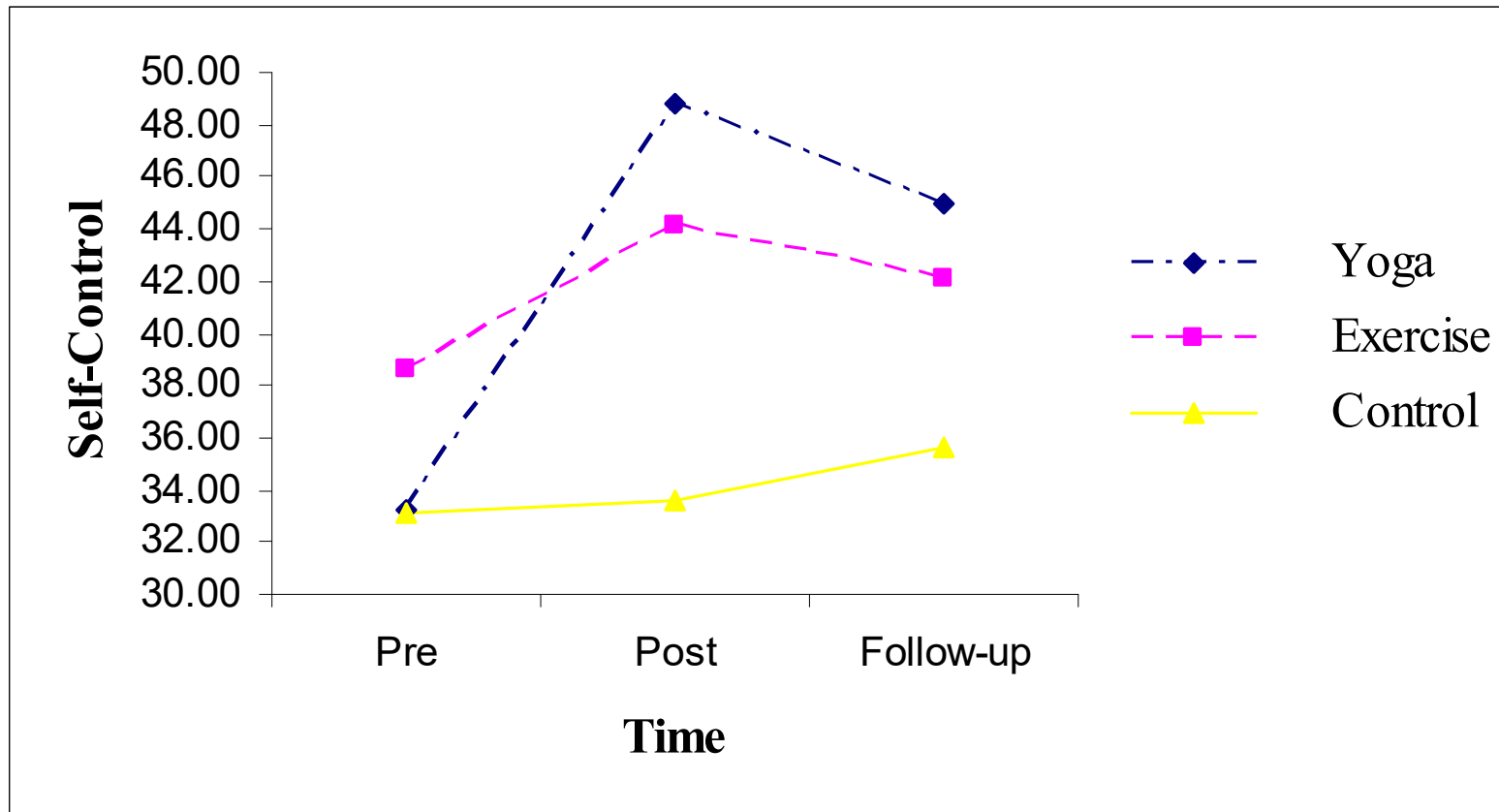
Main Analysis



State Anger and State Anxiety



Self-Control



Correlations between Self-Control and Psychological Health (df = 95)

Variable	<u>Pretest</u>		<u>Posttest</u>		<u>Follow-up</u>	
	<i>R</i>	<i>p</i>	<i>r</i>	<i>p</i>	<i>r</i>	<i>p</i>
Trait Anger	.11	.28	-.09	.41	-.12	.26
Trait Anxiety	-.32*	.001	-.27*	.01	-.34*	.001
Depression	-.10	.35	.03	.78	.02	.84
Well-being	.22*	.03	-.01	.99	.07	.47
General self-efficacy	.41*	.001	.40*	.001	.22*	.03
Self-efficacy for DL	.09	.39	.19	.06	.14	.16

* Indicates significant relationship.

Discussion

- Yoga and Exercise both improved psychological health.
 - ES for the impact of yoga were larger.
- Yoga immediately improves mood.
- Self-Control as a mechanism.
- The need for a holistic explanation.

So What?



Future Directions

- Translation research approach to research on yoga:
 - Establish clear guidelines for future yoga research.
- Yoga for special populations.
- Standards for yoga implementation.
- CAM education for medical professionals.