#### Yoga for Reducing Depression and Anxiety, and Improving Well-Being

This study seeks to produce a consensus statement on best practice of yoga for people with depression or anxiety,
based on the accumulated expertise of yoga teachers. Your participation and contributions are greatly appreciated.
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By completing this questionnaire you will be participating in the development of guidelines to assist suitably trained
by completing this questionnaire you will be participating in the development of guidelines to assist suitably trained
voga teachers to design individualised voga practices for people with depression or anxiety. Such practices would be

Whilst we acknowledge that yoga practices are traditionally tailored to suit individual needs, there may be common factors related to suitable yoga practices for the needs of different people.

Completion of the questionnaire is taken as acknowledgement of your consent to participate.

Thank you again for your participation.

designed to alleviate depression and anxiety by increasing positive emotions and well-being.

Mild Depression  Comments (optional)  A. How much reduction in Minor Reduction of depression	CTED BENER	FITS of yoga for people	k yoga would be be  Severe Depres	ession
Please tick any or all that Mild Depression omments (optional)  How much reduction in Minor deduction of depression	ty of deprest apply)	ession do you thin	k yoga would be be  Severe Depres	ession
Please tick any or all tha  Mild Depression  Comments (optional)  How much reduction in Minor Reduction of depression	n depressi	oderate Depression	Severe Depres	ession
Please tick any or all tha  Mild Depression  Comments (optional)  A. How much reduction in Minor Reduction of depression	n depressi	oderate Depression	Severe Depres	ession
A. How much reduction in Minor Reduction of depression	<b>n depressi</b> Reduction	ion would you exp	ect to achieve fron	<u></u>
Minor Reduction of depression	Reduction	-		Y
Reduction of depression	Reduction	-		<b>Y</b>
Minor Reduction of depression Comments (optional)		Moderate Reduction		n yoga?
	0		Considerable Reduction	Complete Reduction
Comments (optional)		O	O	O
B. How much improveme	nt in posit	ive emotions and	well-being would v	ou expect a
person with depression o	could achi			ou onpoor u
	r Increase	Moderate Increase	Considerable Increase	Complete Increase
emotions & well-being		O		
Comments (optional)				
				_

How much improvement in positive emotions and well-being would you expect a erson with anxiety could achieve through yoga?  Mild Increase Moderate Increase Severe Increase Complete Increase ncrease in positive	idelines for O				
What degree of severity of anxiety do you think yoga would be beneficial for?  Please tick any or all that apply)  Mild	oga for people v	with anxiety			
Please tick any or all that apply)    Mild	Questions 4 to 6 relate t	to EXPECTED BENE	FITS of Yoga for people	with anxiety	
Mild   Moderate   Severe      Severe   Mild   Moderate   Severe	. What degree of s	severity of anxie	ety do you think yo	ga would be bene	ficial for?
How much reduction of anxiety would you expect to achieve through yoga?  Mild Reduction Moderate Reduction Severe Reduction Complete Reduction of anxiety  Omments (optional)  How much improvement in positive emotions and well-being would you expect a erson with anxiety could achieve through yoga?  Mild Increase Moderate Increase Severe Increase Complete Increase motions & well-being	Please tick any or	all that apply)			
How much reduction of anxiety would you expect to achieve through yoga?  Mild Reduction Moderate Reduction Severe Reduction Complete Reduction of anxiety C C C C C C C C C C C C C C C C C C C	Mild	□ м	loderate	☐ Severe	
How much reduction of anxiety would you expect to achieve through yoga?  Mild Reduction Moderate Reduction Severe Reduction Complete Reduction of anxiety C C C  The comments (optional)  How much improvement in positive emotions and well-being would you expect a derson with anxiety could achieve through yoga?  Mild Increase Moderate Increase Severe Increase Complete Increase motions & well-being	comments (optional)				
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Action of anxiety  C  C  C  C  C  C  C  C  C  C  C  C  C	. How much reduc	_	-	_	
How much improvement in positive emotions and well-being would you expect a erson with anxiety could achieve through yoga?  Mild Increase Moderate Increase Severe Increase Complete Increase norease in positive Complete Increase emotions & well-being	Reduction of anxiety				
How much improvement in positive emotions and well-being would you expect a erson with anxiety could achieve through yoga?  Mild Increase Moderate Increase Severe Increase Complete Increase norease in positive Complete Increase emotions & well-being	omments (optional)				
ncrease in positive C C C C control of the motions & well-being					V
motions & well-being		_		well-being would	you expect a
omments (optional)		ty could achieve	through yoga?		-
	erson with anxiet	ty could achieve	e through yoga?  Moderate Increase	Severe Increase	Complete Increase
		ty could achieve	e through yoga?  Moderate Increase	Severe Increase	Complete Increase
	erson with anxiet	ty could achieve	e through yoga?  Moderate Increase	Severe Increase	Complete Increase
	erson with anxiet	ty could achieve	e through yoga?  Moderate Increase	Severe Increase	Complete Increase
	erson with anxiet	ty could achieve	e through yoga?  Moderate Increase	Severe Increase	Complete Increase
	erson with anxiet	ty could achieve	e through yoga?  Moderate Increase	Severe Increase	Complete Increase
	erson with anxiet	ty could achieve	e through yoga?  Moderate Increase	Severe Increase	Complete Increase
	erson with anxiet	ty could achieve	e through yoga?  Moderate Increase	Severe Increase	Complete Increase

## Yoga for reducing Depression and Anxiety, and improving Well-Being

Questions 7 to 9 rela	ate to parameters for the FREQUENCY AND DURATION of suitable yoga practices.
7. How often wo	ould you recommend that a person with depression or anxiety does a
personal yoga p	oractice?
AVERAGE number of sessions per week	
MINIMUM number of sessions per week	
MAXIMUM number of sessions per week	
8. What session	n length would you suggest is required for a regular personal yoga
practice to have	e reasonable benefit in reducing depression or anxiety?
AVERAGE number of	
minutes for practice MINIMUM number of	
minutes for practice	
MAXIMUM number of minutes for practice	
	eeks of a personal yoga practice would you suggest is necessary for it
to have some no	oticeable benefit in reducing depression or anxiety?
MINIMUM number of wee	·ks
required	

#### YOGA FOR REDUCING DEPRESSION

Questions 10 to 14 relate to common factors in individual yoga practices for people with depression.

10. Please describe any KEY FACTORS, approaches or techniques of the following, that you would recommend for people with DEPRESSION. Please use English, or explain Sanskrit terms.

You will also be asked to rank the relative importance of each of these, in the following question (Q11).

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NE	V IACIUIS.	appidaciies	OI LECIIIIIUUES	IVI I EUUCIIIU UI	ENI 6331011 <b>.</b>
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Postures (asana)	
Breath Regulation (pranayama)	
Relaxation	
Meditation	
Other 1 (please specify)	
Other 2 (please specify)	
Other 3 (please specify)	
Other 4 (please specify)	

# 11. Please rate the relative importance of each of the components you have described above (Q10), in a personal yoga practice for people with depression.

	Not Recommended	Not Important	Somewhat Important	Very Important	Essential
Postures (asana)	0	0	0	0	0
Breath Regulation (pranayama)	0	0	0	O	O
Relaxation	0	0	0	O	0
Meditation	0	0	0	0	0
Other 1 (as in Q10)	0	0	0	0	0
Other 2 (as in Q10)	O	0	0	0	0
Other 3 (as in Q10)	0	0	0	0	0
Other 4 (as in Q10)	0	0	0	O	0
Comments (optional)					
					_

12. What percentage of time would you recommend allocating for each component in a

yoga practice fo	or reducing depression? (Together, all responses should total 100%)
Postures (asana)	
Breath Regulation (pranayama)	
Relaxation	
Meditation	
Other 1 (as in Q10)	
Other 2 (as in Q10)	
Other 3 (as in Q10)	
Other 4 (as in Q10)	
	ribe any components or approaches of yoga that are important to le with depression? Please explain your reasons.
	ribe any other factors that may be related to a yoga practice for ssion (e.g. diet, lifestyle, exercise, social involvement, etc)

#### YOGA FOR REDUCING ANXIETY

Questions 15 to 19 relate to common factors in individual yoga practices for people with anxiety.

15. Please describe any KEY FACTORS, approaches or techniques of the following, that you would recommend for people with ANXIETY. Please use English, or explain Sanskrit terms.

You will also be asked to rank the relative importance of each of these, in the following question (Q16).

Ke	<i>ı</i> factors.	approaches	or techniques	for reducina	anxietv:
,	,,	mpp	o. 100quo		

Postures (asana)	
Breath Regulation (pranayama)	
Relaxation	
Meditation	
Other 1 (please specify)	
Other 2 (please specify)	
Other 3 (please specify)	
Other 4 (please specify)	

# 16. Please rate the relative importance of each of these components in a personal yoga practice for people with anxiety.

	Not Recommended	Not Important	Somewhat Important	Very Important	Essential
Postures (asana)	O	0	0	0	0
Breath Regulation (pranayama)	0	0	0	0	0
Relaxation	0	0	0	O	0
Meditation	O	0	0	0	0
Other 1 (as in Q15)	0	0	0	0	0
Other 2 (as in Q15)	0	0	0	0	0
Other 3 (as in Q15)	0	0	0	0	0
Other 4 (as in Q15)	O	0	0	0	0
Comments (optional)					
					<u>~</u>

17. What percentage of time would you recommend allocating for each component in a

yoga practice fo	or reducing anxiety? (Together, all responses should total 100%)
Postures (asana)	
Breath Regulation (pranayama)	
Relaxation	
Meditation	
Other 1 (as in Q15)	
Other 2 (as in Q15)	
Other 3 (as in Q15)	
Other 4 (as in Q15)	
	ribe any components or approaches of yoga that are important to le with anxiety? Please explain your reasons.
	ribe any other factors that may be related to yoga practice for reducing t, lifestyle, exercise, social involvement, etc)

#### YOGA FOR INCREASING POSITIVE EMOTION AND WELL-BEING

As well as reducing depression and anxiety, yoga may be viewed as a means to increasing positive emotion and well-being.

Questions 20 to 23 relate to common factors in a personal yoga practice for increasing positive emotions and well-being.

20. Please describe any KEY FACTORS, approaches or techniques for the following, that you would recommend for people to increase positive emotions and well-being. Please use English, or explain Sanskrit terms.

You will also be asked to rank the relative importance of each of these, in the following question (Q21).

Key factors, approaches or techniques for increasing positive emotions and well-being:

reath Regulation C C C C C C C C C C C C C C C C C C C		Not Recommended	Not Important	Somewhat Important	Very Important	Essential
Relaxation C C C C C C Additation C C C C C C Other 1 (as in Q20) C C C C C Other 2 (as in Q20) C C C C C Other 3 (as in Q20) C C C C C Other 4 (as in Q20) C C C C C Other 4 (as in Q20) C C C C C Other 4 (as in Q20) C C C C C Other 5 (as in Q20) C C C C C Other 6 (as in Q20) C C C C C Other 7 (as in Q20) C C C C C Other 8 (as in Q20) C C C C C Other 9 (as in Q20) C C C C C Other 1 (as in Q20) C C C C C Other 1 (as in Q20) C C C C C C Other 1 (as in Q20) C C C C C C Other 1 (as in Q20) C C C C C C Other 2 (as in Q20) C C C C C C Other 3 (as in Q20) C C C C C C Other 4 (as in Q20) C C C C C C Other 3 (as in Q20) C C C C C C C Other 4 (as in Q20) C C C C C C C Other 5 (as in Q20) C C C C C C C Other 6 (as in Q20) C C C C C C C C Other 7 (as in Q20) C C C C C C C C C C C Other 8 (as in Q20) C C C C C C C C C C C C C Other 9 (as in Q20) C C C C C C C C C C C C C C C C C C C	Postures (asana)	O	0	0	O	0
Meditation C C C C C C C C C C C C C C C C C C C	Breath Regulation (pranayama)	O	O	O	O	O
Other 1 (as in Q20) Cother 2 (as in Q20) Cother 3 (as in Q20) Cother 4 (as in Q20) Comments (optional)  C22. What percentage of time would you recommend allocating for each component in yoga practice for increasing well-being? (Together, all responses should total 100%) Costures (asana) Correct Regulation pranayama) Relaxation Additation Cother 1 (as in Q20) Cother 2 (as in Q20) Cother 3 (as in Q20) Cother 3 (as in Q20) Cother 3 (as in Q20) Cother 4 (as in Q20) Cother 5 (as in Q20) Cother 6 (as in Q20) Cother 7 (as in Q20) Cother 8 (as in Q20) Cother 9 (as in Q20) Cothe	Relaxation	0	0	O	0	0
Other 3 (as in Q20) Other 4 (as in Q20) Other 4 (as in Q20) Other 5 (as in Q20) Other 5 (as in Q20) Other 6 (as in Q20) Other 6 (as in Q20) Other 7 (as in Q20)	Meditation	0	0	0	0	O
Other 3 (as in Q20) Comments (optional)  22. What percentage of time would you recommend allocating for each component in yoga practice for increasing well-being? (Together, all responses should total 100%) Postures (asana) Breath Regulation pranayama) Relaxation Adeditation Other 1 (as in Q20) Other 3 (as in Q20) Other 3 (as in Q20) Other 4 (as in Q20) Other 4 (as in Q20) Other 5 (as in Q20) Other 6 (as in Q20) Other 7 (as in Q20) Other 7 (as in Q20) Other 8 (as in Q20) Other 9 (as in Q20)	Other 1 (as in Q20)	0	0	0	0	0
Other 4 (as in Q20)  Comments (optional)  C22. What percentage of time would you recommend allocating for each component in yoga practice for increasing well-being? (Together, all responses should total 100%)  Postures (asana)  Breath Regulation pranayama)  Relaxation  Adeditation  Other 1 (as in Q20)  Other 2 (as in Q20)  Other 3 (as in Q20)  Other 4 (as in Q20)  Other 4 (as in Q20)  Other 4 (as in Q20)	Other 2 (as in Q20)	0	0	O	$\circ$	0
Comments (optional)  22. What percentage of time would you recommend allocating for each component in yoga practice for increasing well-being? (Together, all responses should total 100%)  Postures (asana)  Post	Other 3 (as in Q20)	O	0	0	0	0
22. What percentage of time would you recommend allocating for each component in yoga practice for increasing well-being? (Together, all responses should total 100%) Postures (asana) Breath Regulation pranayama) Relaxation Other 1 (as in Q20) Other 2 (as in Q20) Other 3 (as in Q20) Other 4 (as in Q20) Other 4 (as in Q20)  23. Please describe any other factors that may be related to yoga practice for increasi	Other 4 (as in Q20)	0	0	O	0	0
22. What percentage of time would you recommend allocating for each component in a yoga practice for increasing well-being? (Together, all responses should total 100%)  Postures (asana)  Breath Regulation pranayama)  Relaxation  Other 1 (as in Q20)  Other 2 (as in Q20)  Other 3 (as in Q20)  Other 4 (as in Q20)  Other 4 (as in Q20)  23. Please describe any other factors that may be related to yoga practice for increasing the component in the properties of the	Comments (optional)					
Relaxation  Meditation  Other 1 (as in Q20)  Other 2 (as in Q20)  Other 3 (as in Q20)  Other 4 (as in Q20)  23. Please describe any other factors that may be related to yoga practice for increasi	Postures (asana) Breath Regulation	increasing wel	l-being? (Toલ્	gether, all respo	nses should to	otal 100%)
Other 1 (as in Q20) Other 2 (as in Q20) Other 3 (as in Q20) Other 4 (as in Q20) Other 4 (as in Q20)  23. Please describe any other factors that may be related to yoga practice for increasi	pranayama					
Other 2 (as in Q20) Other 3 (as in Q20) Other 4 (as in Q20)  23. Please describe any other factors that may be related to yoga practice for increasing the second s	Relaxation					
Other 3 (as in Q20) Other 4 (as in Q20)  23. Please describe any other factors that may be related to yoga practice for increasing the second	Relaxation Meditation					
Other 4 (as in Q20)  23. Please describe any other factors that may be related to yoga practice for increasing the second	Meditation					
23. Please describe any other factors that may be related to yoga practice for increasi	Meditation Other 1 (as in Q20)					
23. Please describe any other factors that may be related to yoga practice for increasi						
	Meditation Other 1 (as in Q20) Other 2 (as in Q20) Other 3 (as in Q20)					
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	Meditation Other 1 (as in Q20) Other 2 (as in Q20) Other 3 (as in Q20) Other 4 (as in Q20)  23. Please descri	=		=		
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	Meditation Other 1 (as in Q20) Other 2 (as in Q20) Other 3 (as in Q20) Other 4 (as in Q20)  23. Please descri	=		=		

	te to the training ex	perience and mentoring of	the voga teacher	
_		with mental health	•	s depression o
	ou recommend	for MINIMUM trainin	g requirements?	
nimum HOURS of ning courses				
imum YEARS of ning courses				
imum teaching PERIENCE (months or rs?)				
	of teaching yog:	a to people with dep	ression or anxiety	, how importa
		in developing INDI\	_	•
ther than genera	ıl training for te	aching group classe	s?	
	Not Important	Somewhat Important	Very Important	Essential
pecific training for dividualised yoga	C	0	O	O
mment (optional)				
i. How important		EACHER TRAINING		
ecific training in yoga	Not Important	Somewhat Important	Very Important	Essential
mental health				
mment (optional)				<b>A</b>
mment (optional)				<b>v</b>
	: is professional	I supervision or men	toring for yoga tea	achers who ar
	_	_	toring for yoga tea	achers who ar
. How important	_	_	toring for yoga tea	achers who ar
. How important	a of mental heal	ith?		
. How important	a of mental heal	Somewhat Important	Very Important	Essential

Guidelines for Optimising Yoga Interventions in Mental Health
Yoga for Mental Health and Well-Being
28. Any further comments?
Thank you for your participation. Again, your contribution is greatly appreciated.  We will contact you again soon for the next stage of the study.