

# Guidelines for Optimising Yoga Interventions in Mental Health - Second

## Optimising Yoga for Reducing Depression & Anxiety, & Improving Well...

Thank you for your participation in the first round questionnaire of this study which aims to develop guidelines for optimising yoga interventions in reducing depression and anxiety. Participants have provided valuable information from their wealth of experience.

The information has been summarised, including areas of general agreement, as well as a range of differing points of view. Based on this summary, this second round questionnaire will attempt to bring further consensus to optimising intervention protocols.

### IMPORTANT NOTE:

The development of these guidelines is NOT an attempt to develop a standardised treatment. Consistent with the traditional teachings of yoga, study participants have emphasised the importance of an individually tailored approach, that takes into consideration numerous individual factors including age, level of ability, severity of symptoms, general health, interest, motivation, and life circumstances.

By completing this round two questionnaire, you will further assist in the development of guidelines for suitably trained yoga teachers to design individually tailored yoga practices for people with depression or anxiety. Such practices would be designed to alleviate depression and anxiety, and increase positive emotions and well-being.

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

Thank you again for your participation.

## EXPECTED BENEFITS

Questions 1 to 3 are about the EXPECTED BENEFITS of a suitable, individually tailored yoga practice, for people with depression or anxiety.

**1. An individualised yoga practice is generally considered to be beneficial for people with mild or moderate depression or anxiety.**

**Yoga was not considered to be as beneficial for people with more severe depression or anxiety. However, some suggested that yoga may still be beneficial for people with severe depression or anxiety if it is individually tailored for each person, guided by an experienced teacher, and done in conjunction with other treatments.**

**Do you agree?**

Agree

Disagree

Not sure

Comments (optional)



## EXPECTED BENEFITS

**2. For people with MILD or MODERATE depression or anxiety, CONSIDERABLE benefit is generally expected from doing a suitable individually tailored yoga practice.**

**Benefits include reduction in symptoms and increases in positive emotion and well-being, such as**

- improvements in sleep
- ability to wind down and relax
- more relaxed breathing
- greater sense of initiative
- greater sense of meaning and purpose
- increased frequency of positive emotions
- reduced irritability
- reduced physical symptoms, such as dryness of mouth, trembling of hands.

**These improvements may also be measured using various scales for depression, anxiety, positive emotions and well-being.**

**How much benefit could be expected for a person with MILD or MODERATE depression or anxiety, if they do a suitable individually tailored yoga practice, under the guidance of an experienced teacher, and in conjunction with other forms of treatment?**

	10%	20%	30%	40%	50%	60%	70%	80%	90%	100%
Expected benefit	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Comments (optional)

**3. For people with SEVERE depression or anxiety:**

**How much benefit could be expected for a person with SEVERE depression or anxiety, if they do a suitable individually tailored yoga practice, under the guidance of an experienced teacher, and in conjunction with other forms of treatment?**

	10%	20%	30%	40%	50%	60%	70%	80%	90%	100%
Expected benefit	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Comments (optional)



# Guidelines for Optimising Yoga Interventions in Mental Health - Second

## RECOMMENDED FREQUENCY AND DURATION OF YOGA PRACTICE

A number of recommendations have been made about HOW OFTEN and FOR HOW LONG a person would need to do the yoga, in order to gain benefit.

The yoga practice would be individually tailored in consultation with an experienced teacher, done regularly at home, and in conjunction with other treatments.

These are general recommendations only, and are summarised below. For each question 4 to 6, please indicate if you agree or disagree.

### 4. It is recommended for a person with depression or anxiety to do each session of their individually tailored yoga practice for....

	Agree	Disagree
AVERAGE of 30 to 40 minutes per session	<input type="radio"/>	<input type="radio"/>
MINIMUM of 15 minutes per session	<input type="radio"/>	<input type="radio"/>
MAXIMUM of 90 minutes per session	<input type="radio"/>	<input type="radio"/>

Comments (optional)

### 5. It is recommended for a person with depression or anxiety to do each session of their individually tailored yoga practice for....

	Agree	Disagree
AVERAGE of 5 to 6 sessions per week	<input type="radio"/>	<input type="radio"/>
MINIMUM of 4 sessions per week	<input type="radio"/>	<input type="radio"/>
MAXIMUM of 14 sessions per week (up to twice a day)	<input type="radio"/>	<input type="radio"/>

Comments (optional)

### 6. It is recommended for a person with depression or anxiety to do their yoga practice for at least 6 weeks.

Agree  Disagree

Comments (optional)

# Guidelines for Optimising Yoga Interventions in Mental Health - Second

## REDUCING DEPRESSION AND IMPROVING WELL-BEING

There are many components of yoga practice, that include various approaches and techniques. It is generally agreed that yoga is most beneficial when these different components or techniques are used with an integrated approach. That is, in combination or conjunction with each other. This integrated approach includes particular recommendations for each of the components and techniques being used.

It is recommended that various approaches and techniques are always done in accordance with the level of ability of each individual, and may also be beneficial in conjunction with other forms of treatment.

Questions 7 to 14 include the components of yoga practice that were recommended as beneficial for reducing depression, and improving well-being.

Whilst these tools or techniques are often used in combination or conjunction with other techniques, questions 7 to 10 focus in the basic approach for each of the main components themselves, which does not exclude the possibility of using different or additional components in combination.

**7. The following approaches to YOGA POSTURES (asana) have been recommended as important components of yoga practice for reducing depression. This question seeks to clarify the relative importance of these factors.**

**For REDUCING DEPRESSION, how important is it that YOGA POSTURES are done with a focus on:**

	Not Important	Somewhat Important	Very Important	Essential
Moving repetition of postures (rather than long holding)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Dynamic sequences of postures	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
A range range of different postures	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Backward-bending postures	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Chest and heart opening	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Coordinated flow of breath with movement	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Inhalation in postures and movement	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Resting or relaxation postures	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Appropriate level of challenge for ability of each individual	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Comment (optional)

## REDUCING DEPRESSION AND IMPROVING WELL-BEING

**8. The following approaches to REGULATION OF BREATHING (pranayama) have been recommended as important components of yoga practice for reducing depression. This question seeks to clarify the relative importance of these factors.**

**For REDUCING DEPRESSION, how important is it that BREATH REGULATION is done with a focus on:**

	Not Important	Somewhat Important	Very Important	Essential
Abdominal breathing	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Inhalation	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Comfortable retention after inhalation	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Right nostril breathing	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Right nostril breathing on inhalation	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Rapid breathing techniques, such as kapalabhati	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Cooling breath (sitali)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Always done according to individual abilities	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Comment (optional)

## REDUCING DEPRESSION AND IMPROVING WELL-BEING

**9. The following approaches to RELAXATION have been recommended as important components of yoga practice for reducing depression. This question seeks to clarify the relative importance of these factors.**

**For REDUCING DEPRESSION, how important is it that RELAXATION is done with a focus on:**

	Not Important	Somewhat Important	Very Important	Essential
Resting between and after postures	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
With legs elevated	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Restorative (passive-supported) postures	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Active focus on physical body (e.g. body-scan; progressive muscle relaxation), to shift focus away from mind and thoughts	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Done with visualisations, that are positive expansive and energising, e.g. sun, open space,	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Using guided relaxation techniques	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Comment (optional)



## REDUCING DEPRESSION AND IMPROVING WELL-BEING

**10. The following approaches to MEDITATION have been recommended as important components of yoga practice for reducing depression. This question seeks to clarify the relative importance of these factors.**

**For REDUCING DEPRESSION, how important is it that MEDITATION is done with a focus on:**

	Not Important	Somewhat Important	Very Important	Essential
Mindfulness (learning to focus attention on observing the present experience)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Active meditations, including moving, chanting, guided.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Something for the mind to do and focus on, rather than just observation (e.g. counting, repeated words or phrases (mantra); visualisation; image or symbol; candle gazing; smiling heart)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
A concept, idea or value, such as something positive, energising, confidence building, gratitude.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Generally, not to be used for beginners, or only after person feels they have some ability to control their thoughts	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Comment (optional)

## REDUCING DEPRESSION AND IMPROVING WELL-BEING

**11. All these components, and combinations of them, are considered to be beneficial for reducing depression.**

**The first questionnaire also asked participants to rate the IMPORTANCE of each component.**

**Using a rating scale from 1=not recommended to 5=essential, these components of yoga practice for reducing depression were rated by participants as either "very important" or "essential" as follows:**

**1st: Regulation of breathing (pranayama) (95% of participants, with an "importance" rating of 4.4)**

**2nd: Yoga postures (asana) (76% of participants, "importance" rating of 4.1)**

**3rd and 4th: Relaxation and meditation were rated similarly (55% and 57% of participants, with an "importance" rating of 3.8 and 3.6 respectively)**

**Do you agree with this overall rating of the relative importance of these components of yoga for reducing DEPRESSION?**

- YES, agree
- NO, disagree

If "no", please rank them in order of relative importance

**12. There was general consensus that this order of relative importance would be the same for using yoga to increase positive emotion and well-being in people with depression.**

**Do you agree?**

- YES, agree
- NO, disagree

Comments (optional)

## REDUCING DEPRESSION AND IMPROVING WELL-BEING

**13. A variety of ADDITIONAL COMPONENTS or techniques of yoga practice are also recommended as important for reducing depression.**

**For REDUCING DEPRESSION, how important are these OTHER YOGA PRACTICES?**

	Not Important	Somewhat Important	Very Important	Essential
Repetition of meaningful words or phrases (mantra)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Formulation of meaningful affirmations and intentions (sankalpa)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Visualisation and symbolic imagery techniques (bhavana)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Cultivation of positive values, attitudes and behaviours (including gratitude, kindness, compassion, forgiveness)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Sound or chanting (from any suitable language or culture)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Symbolic gesture	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Awareness of negative sensory input (including TV, movies, music, literature, multi-media, news)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Spirituality and prayer	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Comment (optional)	<input type="text"/>			

## REDUCING DEPRESSION AND IMPROVING WELL-BEING

**14. A number of OTHER FACTORS related to “YOGIC VALUES AND LIFESTYLE” are also recommended for reducing depression.**

**For REDUCING DEPRESSION, how important are these OTHER FACTORS OF YOGIC LIFESTYLE?**

	Not Important	Somewhat Important	Very Important	Essential
Lifestyle factors, including diet, smoking, drugs and alcohol, sleep, work, exercise	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Social involvement and support - linking with a supportive community	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Positive relationships	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Group yoga classes	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Education about yoga teachings, and the potential benefits of yoga	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Developing self-empowering knowledge	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Service to others, including volunteer work	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Pleasant environment, free from clutter, with good ventilation and natural light	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Exposure to sunlight and natural environments	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Regular laughing	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Comment (optional)

# Guidelines for Optimising Yoga Interventions in Mental Health - Second

## REDUCING DEPRESSION AND IMPROVING WELL-BEING

**15. For people with depression, a number of factors were identified as important to AVOID.**

**How important is it to AVOID the following yoga practices and techniques for people with depression?**

	OK to include	Important to Avoid	Very Important to Avoid	Essential to Avoid
Longer holds in forward-bending postures	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Any strong or strenuous postures, if there is low motivation and energy	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Heated or strenuous styles of yoga	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Sedentary, resting or relaxing postures	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Breath regulation that focuses on long exhales and holding after exhales	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Rapid breathing techniques, such as kapalabhati, if anxiety or history of trauma is also present	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Breathing techniques with left nostril dominance	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Long relaxation practices	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Meditation practices with eyes closed	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Meditation practices that are internalising	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Meditation practices that are unguided	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Meditation practices without any specific focus (such as emptiness or inner silence meditation)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Any practices which are too introspective	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Standardised approaches (prescriptive methods)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Comment (optional)

## REDUCING ANXIETY AND IMPROVING WELL-BEING

The previous section was for the reduction of depression and improving well-being. The following section is for the reduction of anxiety and improving well-being. There are many similarities in approach, and some important differences.

Again, it is emphasised that yoga is most beneficial when the different components or techniques are used with an integrated approach. That is, in combination or conjunction with each other. This integrated approach also includes particular recommendations for each of the components and techniques being used.

It is recommended that various approaches and techniques are always done in accordance with the level of ability of each individual, and may also be beneficial in conjunction with other forms of treatment.

Questions 16 to 23 include the components of yoga practice that were recommended as beneficial for reducing ANXIETY, and improving well-being.

Whilst these tools or techniques are often used in combination or conjunction with other techniques, questions 16 to 19 focus in the basic approach for each of the main components themselves, which does not exclude the possibility of using different or additional components in combination.

## Guidelines for Optimising Yoga Interventions in Mental Health - Second

**16. The following approaches to YOGA POSTURES (asana) have been recommended as important components of yoga practice for reducing anxiety. This question seeks to clarify the relative importance of these factors.**

**For REDUCING ANXIETY, how important is it that YOGA POSTURES are done with a focus on:**

	Not Important	Somewhat Important	Very Important	Essential
Simple, gentle sequences of postures	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
More dynamic to begin, gradually slowing down	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Relaxed and restorative stay positions, seated or lying down	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
A calming effect	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Coordinated flow of breath with movement	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Relaxing chest, abdomen and diaphragm areas	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Forward-bending postures	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Variety of postures, including back bending, twisting, standing balance, inversions	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Exhalation in postures and movement (more on breath regulation in Q15)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Resting or relaxation postures (more on relaxation in Q16)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Appropriate level of challenge for ability of each individual	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Comment (optional)

## REDUCING ANXIETY AND IMPROVING WELL-BEING

**17. The following approaches to REGULATION OF BREATHING (pranayama) have been recommended as an important component of yoga practice for reducing anxiety. This question seeks to clarify the relative importance of these factors.**

**For REDUCING ANXIETY, how important is it that BREATH REGULATION is done with a focus on:**

	Not Important	Somewhat Important	Very Important	Essential
Abdominal breathing, in a relaxed lying down or seated position	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Regulating the breath to become steady	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Lengthening exhalation	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Comfortable holding after exhalation	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Left nostril breathing	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Left nostril breathing on exhalation	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Alternate nostril breathing	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Cooling breath (sitali)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
"humming bee" breath (brahmari)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Comment (optional)



## REDUCING ANXIETY AND IMPROVING WELL-BEING

**18. The following approaches to to RELAXATION have been recommended as an important component of yoga practice for reducing anxiety. This question seeks to clarify the relative importance of these factors.**

**For REDUCING ANXIETY, how important is it that RELAXATION is done with a focus on:**

	Not Important	Somewhat Important	Very Important	Essential
Resting between and after postures	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
In relaxed lying down position of stillness	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
With legs elevated	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Restorative (passive-supported) postures	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Abdominal breathing, lengthening exhale	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Guided relaxation (e.g. of body parts, progressive muscle relaxation, body-awareness scan) to shift focus away from mind and thoughts	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Being done with visualisations, that have a calming effect	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Comment (optional)

## REDUCING ANXIETY AND IMPROVING WELL-BEING

**19. The following approaches to MEDITATION have been recommended as an important component of yoga practice for reducing anxiety. This question seeks to clarify the relative importance of these factors.**

**For REDUCING ANXIETY, how important is it that MEDITATION is done with a focus on:**

	Not Important	Somewhat Important	Very Important	Essential
Mindfulness (learning to focus attention on observing the present experience)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Active meditations, including moving, chanting, guided.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Something for the mind to do, rather than just observation (e.g. counting, repeated words or phrases (mantra); visualisation; image or symbol; candle gazing; smiling heart)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
A concept, idea or value, such as something positive, calming, confidence building, gratitude.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Generally, not to be used for beginners, or only after person feels they have some ability to control their thoughts.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Comment (optional)

## REDUCING ANXIETY AND IMPROVING WELL-BEING

**20. All these components, and combinations of them, are considered to be beneficial for reducing anxiety.**

**The first questionnaire also asked participants to rate the importance of each component.**

**Using a rating scale from 1=not recommended to 5=essential, these components of yoga practice for reducing anxiety were rated by participants as either "very important" or "essential" as follows:**

**1st: Relaxation (95% of participants, with an "importance" rating of 4.5)**

**2nd: Regulation of Breathing (pranayama) (89% of participants, "importance" rating of 4.3)**

**3rd: Meditation (84% of participants, "importance" rating of 4.1)**

**4th: Postures (asana) (63% of participants, "importance" rating of 3.9)**

**Do you agree with this overall rating of the relative importance of these components of yoga for reducing ANXIETY?**

- YES, agree
- NO, disagree

If "no", please rank them in order of importance

**21. There was general consensus that this order of relative importance would be the same for using yoga to increase positive emotion and well-being in people with anxiety.**

**Do you agree?**

- YES, agree
- NO, disagree

Comments (optional)

## REDUCING ANXIETY AND IMPROVING WELL-BEING

**22. A variety of additional components or techniques of yoga practice are also recommended as important for reducing anxiety.**

**For REDUCING ANXIETY, how important are these OTHER YOGA PRACTICES?**

	Not Important	Somewhat Important	Very Important	Essential
Repetition of meaningful words or phrases (mantra)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Formulation of meaningful affirmations and intentions (sankalpa)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Visualisation and symbolic imagery techniques (bhavana), for a calming and focusing effect	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Cultivation of positive values, attitudes and behaviours (including gratitude, kindness, compassion, forgiveness)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Sound or chanting (from any suitable language or culture)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Symbolic gesture	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Awareness of negative sensory input (including TV, movies, music, literature, multi-media, news)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Spirituality and prayer	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Other	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Comment (optional)

## REDUCING ANXIETY AND IMPROVING WELL-BEING

**23. A number of OTHER FACTORS related to “YOGIC VALUES AND LIFESTYLE” are also recommended for reducing anxiety.**

**For REDUCING ANXIETY, how important are these OTHER FACTORS OF YOGIC LIFESTYLE?**

	Not Important	Somewhat Important	Very Important	Essential
Lifestyle factors, including diet, caffeine, smoking, drugs and alcohol, sleep, work, self-care.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Social involvement and support; linking with a supportive community;	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Positive relationships	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Education about yoga teachings, and the potential benefits of yoga	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Developing self-empowering knowledge	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Mindfulness in daily life	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Service to others, including volunteer work	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Pleasant environment, free from clutter, with good ventilation and natural light	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Exposure to sunlight and natural environment	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Comment (optional)

# Guidelines for Optimising Yoga Interventions in Mental Health - Second

## REDUCING ANXIETY AND IMPROVING WELL-BEING

### 24. For people with anxiety, a number of factors were identified as important to AVOID.

#### How important is it to AVOID the following yoga practices and techniques for people with anxiety?

	OK to include	Important to Avoid	Very Important to Avoid	Essential to Avoid
Breath regulation that focuses on inhalation	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Breath regulation that focuses on holding after inhalation	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Breath regulation that focuses on holding after exhalation	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Rapid breathing techniques, such as kapalabhati or bhastrika	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Breathing techniques with right nostril dominance	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Any focus on the breath, especially in sitting practices	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Focus on backward bending postures	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Techniques that require difficult and complex instructions	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Vigorous or strenuous postures and sequences, that are over-stimulating or arousing	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Techniques that emphasise ability, accomplishment, performance, competition	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Yoga done in heated, crowded or enclosed spaces	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Techniques done with eyes closed	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Meditation practices that are unguided	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Meditation practices without any specific focus (such as emptiness or inner silence meditation)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Standardised approaches (prescriptive methods)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Comment (optional)



## TRAINING AND EXPERIENCE

When teaching yoga to people with mental health concerns, such as depression or anxiety, it is considered essential that yoga teachers have suitable training and experience.

Training and experience in other related professions, such as psychology or psychiatry, and complementary health, would be considered valuable, but not essential, for teaching yoga in the area of mental health.

The following are recommendations for minimum yoga training and teaching experience.

Please indicate whether or not you agree with these recommendations.

### **25. A minimum of 500 hours of yoga teacher training, over a minimum of 2 years.**

- YES, agree
- NO, disagree

Comment (optional)

### **26. A minimum of 2 years teaching experience**

- YES, agree
- NO, disagree

Comment (optional)

### **27. Specific training in developing individually tailored yoga practices (rather than general training for teaching group classes), was rated by 95% of participants as either "very important" or "essential".**

#### **Do you agree with this recommendation?**

- YES, agree
- NO, disagree

Comment (optional)



**28. Specific training in yoga for mental health (rated "very important" or "essential" by 89% of study participants).**

**Do you agree with this recommendation?**

- YES, agree
- NO, disagree

Comment (optional)

**29. Professional supervision or mentoring for yoga teachers who are working in the area of mental health (rated very important or essential by 89% of study participants).**

**Do you agree with this recommendation?**

- YES, agree
- NO, disagree

Comment (optional)

## Yoga for Mental Health and Well-Being

### 30. Any further comments?

Thank you for your participation. Your contribution is greatly appreciated.

We will contact you again soon, for the third round of the study.

This will be a brief and final series of questions to confirm any of areas requiring further consensus.