Title of Project: Evaluation of a Yoga program intended as a prevention and/or intervention strategy in disadvantaged groups or groups with restricted resources

(FOR Code/s): 1104

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Location of Project: Campbelltown

Project Background

The Yoga Foundation (TYF) is a non-profit organisation established to implement yoga-based health promotion programs to improve well-being of communities experience difficulty in their ability to access yoga in the general community. The Foundation’s activities are supported by published evidence of yoga’s effectiveness as a prevention and intervention strategy for people with restricted personal, social or economic resources. Target groups of TYF programs include people with disability, people with mental illnesses, and other groups who experience social disadvantage. At present, TYF is implementing yoga programs for these groups, in partnership with community development organisations in the disability and mental health sectors. These yoga programs aim to improve wellbeing, health and social connections of people in these groups.

Aim of Study:

To work with The Yoga Foundation to develop and implement a framework to systematically evaluate the design, appropriateness and effectiveness of TYF’s intervention programs.

Methods:

Programs will be evaluated using TYF’s Yoga Program Logic model within a mixed methods framework. This allows for quantitative and qualitative analysis of short, medium and long-term outcomes. The quantitative analysis will define pre- and post- intervention study endpoints which are agreed with program stakeholders prior to initiation of a yoga program. In addition to condition specific endpoints (for example the Hospital Anxiety and Depression Scale (HADS) for interventions targeting depression), Quality of Life measures (such as Personal Wellbeing Index (PWI)), and Goal Achievement measures (such as the Goal Attainment Scale) will be evaluated as endpoints for each program. Structured interviews and focus discussion groups will form the basis of the qualitative analysis.

Ethics Application Requirements:

An Ethics application will be submitted to the UWS Human Ethics Committee before the commencement of the project.

Key References:

