



## Yoga for Generalised Anxiety Disorder (YOGAD) Pilot Study Participant Information Sheet and Eligibility Criteria Participation Information Sheet

The aims of the study are to assess the acceptability of a new yoga intervention and the study methods used in this uncontrolled pilot study, to explore the feasibility of running a randomised controlled trial and to estimate the effect of yoga on the anxiety levels and quality of life for participants with Generalised Anxiety Disorder (GAD) <https://www.nhs.uk/mental-health/conditions/generalised-anxiety-disorder/overview/>

### REQUIREMENTS FOR PARTICIPANTS ON YOGAD COURSES:

The available courses are based at sites in Yorkshire, funded by the Yorkshire branch of the National Lottery Community Fund. The courses are taught by qualified teachers/yoga therapists with specialist training and experience in teaching yoga to adults with mental health conditions. Participants will need to complete questionnaires and participate in potential interviews with the BWYQ research team. Participants need to be available for a course that requires them to attend:--

- the 1st and 12<sup>th</sup> session when pre and post intervention questionnaires will be completed with a member from the BWYQ research team and
- at least six out of the ten yoga classes during weeks 2-11 (90 minute duration including after-class discussion time/cup of tea)

**YOGAD COURSES** - for full details see <https://www.facebook.com/people/YOGAD/61552833051121/>

#### **BARNESLEY 12:30 -14:00 Thursdays, 4th January-21st March**

Mind Body & Spirit Studio at 110 Dodworth Rd S70 6HL Great parking and near a bus stop.  
Yoga Teacher/Therapist: Michelle Griffiths

#### **ILKLEY 14:30-16:00 Thursdays 4th January-21st March**

Ilkley Yoga Centre 32a Leeds Rd LS29 8DS 3 min walk to bus stop or Ilkley station.  
Yoga Teacher/Therapist: Susie Dennis

#### **BEVERLEY 14:00-15:30 Fridays 5<sup>th</sup> January-23rd March 2024**

St Mary's Church Hall, North Bar Within, Beverley HU17 8DL nr Beverley train station, bus stops, public car parks. Yoga Teacher/Therapist: Sonia Perry

#### **ROTHERHAM 14:00-15:30 Saturdays 6th January-23rd March 2024**

The Parish Hall, Well Lane, Whiston S60 4HX Good car park, 3 min to bus stop, 1 mile to Rotherham General Hospital. Yoga Teacher/Therapist: Susan McHale.

#### **BRADFORD 14:00-15:30 Tuesdays 9<sup>th</sup> January-26<sup>th</sup> March**

Bradford Yoga Studio 10 Cutler Heights Ln BD4 9JP On street parking and near a bus stop.  
Yoga Teacher/Therapist: Susie Dennis

#### **ONLINE VIA ZOOM COURSE 19:30-21:00 Wednesdays between 3rd January-20<sup>th</sup> March**

Yoga Teacher/Therapist: Jane Cluley (York)

### CONTACT:

Laura Bissell [BWYQchair@gmail.com](mailto:BWYQchair@gmail.com) to register interest in participating in one of the courses.

The courses are free of charge to participants who have been accepted onto the study after BWYQ's review of the submitted Participant Consent Form and Participant Screening Questionnaire, which will provide evidence of meeting the Eligibility Criteria. See next page for Eligibility Criteria.

## The Yoga for Generalised Anxiety Disorder (YOGAD) Pilot Study Eligibility Criteria

People will be eligible to join the study if they:--

- are aged 18 years or older (both male and female)
- are living in the community (including sheltered housing living with support, but not in a residential care home or hospital facility)
- have Generalised Anxiety Disorder (<https://www.nhs.uk/mental-health/conditions/generalised-anxiety-disorder/overview/>)
- are able to provide their own consent.

People will *not* be eligible for the study if they:--

- are unable to meet the yoga course attendance requirements \*
- are already regularly attending yoga classes, i.e. twice a month or more in the previous 6 months
- are physically contraindicated from participation in hatha yoga sessions
- are unable to provide consent
- have insufficient understanding of English to enable them to engage in the yoga classes and complete the patient-reported outcome measures
- have any of the following conditions:
  - dementia
  - severe mental health problem: schizophrenia, bipolar affective disorder, or other psychotic illnesses
  - other medical or psychosocial factors that could compromise full study participation, such as imminently life-limiting illness or severe sensory deficits
  - learning disabilities

**\*Yoga course attendance requirements** – 5 in-person sites / 1 online course available

- Participants need to be available for a course that requires them to attend:--
  - the 1st and 12<sup>th</sup> session when pre and post intervention questionnaires will be completed with a member from the BWYQ research team and
  - at least six out of the ten yoga classes during weeks 2-11 (90 minute duration including after-class discussion time/cup of tea)

**Online course** Factors that might make someone unable to participate include:--

- no internet access or insufficient space at home to be able to do the physical practices with the webcam/mic 6-8 ft away so that the teacher can see each student's full body practice in gallery view
- the ability to complete pre and post intervention questionnaires electronically with a member of the BWYQ research team online.