

THE EFFICACY OF YOGA WITH ADDICTIONS: A SCOPING REVIEW OF EVIDENCE

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Introduction/Issues: In New Zealand, addiction is a common mental disorder and a population health issue that causes significant social and treatment costs. Relapse rates post addiction treatment are considered high. Yoga has been suggested as a complementary therapy with addiction treatment to prevent relapse. Yoga can help to reduce depression and anxiety by reducing stress hormones and increasing GABA levels.

Design and Methods: The study design is a scoping review of literature. Data from (n=10) studies with a total of (N=671) research participants were used in the review. The aims are to present the results of studies in a data table and a thematic analysis of outcome measures areas of functioning that improved.

Key Findings: Seven out of the ten studies had statistically significant results ($p < 0.05$) for various outcome measures. The themes of the areas of functioning that improved were depression, urges/cravings, anxiety and Quality of Life.

Discussions and Conclusions: Yogic interventions may be recommended to substance use disorder patients as a complementary therapy to improve their level of functioning in certain areas. More longitudinal randomised controlled trials are needed to test the relapse prevention efficacy. Conclusions are limited by a high risk of bias due to no patient blinding and confounding variables due to different outcome measures.

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