Yoga with Addictions
The Efficacy of Yoga with Addictions: A Scoping Review of Evidence

Alexander El Amanni
DipMHSW | BAddS | Provisional Registration DAPAANZ
Consumer Leader & AOD Practitioner, Kāhui Tū Kaha Ltd
Postgraduate Student, University of Auckland

Preface/Mihi
Tena koutou, tene koutou, tene koutou katoa,
My name is Alex El Amanni, my hometown is Auckland. I work as an addiction counsellor and a consumer advocate. I am also a postgraduate student studying a Master of Health Practice. This piece of academic work was completed in the final year (2017) of my Bachelor of Addiction Studies at Wellington Institute of Technology.

Thanks for looking at my APSAD Conference Poster. Nga mihi.

Background & Issue
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 to addiction treatment to prevent relapse and enhance recovery. Recent studies have found promising results for using yoga in mental health treatment, such as reducing depression and anxiety.

Methods & Aims
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 were to (a) present results of studies in a data table (illustrated) and (b) do a thematic analysis of outcome measures areas of functioning that improved (illustrated). The EBSCO Host, ProQuest, and Google Scholar databases were searched using the search strategy: (addiction OR "substance use disorders" AND yoga).

Literature Review
Yoga can help to reduce depression and anxiety by reducing stress hormones and increasing GABA levels.

According to Eastern philosophy, yoga has a physiological effect on built-in technology in the body, i.e. meridian points (pictured).

Yogic exercises can activate hormonal activity in the endocrine system by stimulating the hypothalamus, pituitary and pineal glands.

Yoga practice encourages secretion and detoxification of glands and organs.

Yoga is not proposed as an alternative to conventional psychosocial addiction intervention, but rather a complementary therapy to supplement the maintenance of abstinence-based recovery.

Yoga is a physical and active intervention which has an in vivo effect; re-forming “deeply rooted belief systems, automatic personality traits, and habits” (p. 41).

Seven out of the ten studies had statistically significant results (p<0.05) for various outcome measures. The main themes from the areas of functioning that improved were: Depression, Urges/Cravings, Anxiety, and Quality of Life (QoL).

Conclusion
Yogic interventions may be recommended to substance use disorder patients as a complementary therapy to improve their level of functioning in certain areas. Yoga can reduce urges and cravings but 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.

Data Table

<table>
<thead>
<tr>
<th>Study</th>
<th>Design</th>
<th>Size</th>
<th>Controls</th>
<th>主</th>
<th>Conclusions</th>
</tr>
</thead>
<tbody>
<tr>
<td>Study 1</td>
<td>Pre-post</td>
<td>30</td>
<td>No controls</td>
<td></td>
<td>1. Yoga improves self-efficacy. 2. Yoga improves sleep. 3. Yoga improves stress. 4. Yoga improves withdrawal symptoms. 5. Yoga improves social functioning.</td>
</tr>
<tr>
<td>Study 2</td>
<td>Randomised controlled trial</td>
<td>50</td>
<td>Yes</td>
<td></td>
<td>1. Yoga improves self-efficacy. 2. Yoga improves sleep. 3. Yoga improves stress. 4. Yoga improves withdrawal symptoms. 5. Yoga improves social functioning.</td>
</tr>
<tr>
<td>Study 3</td>
<td>Cross-sectional</td>
<td>40</td>
<td>No</td>
<td></td>
<td>1. Yoga has a positive effect on self-efficacy. 2. Yoga has a positive effect on sleep. 3. Yoga has a positive effect on stress. 4. Yoga has a positive effect on withdrawal symptoms. 5. Yoga has a positive effect on social functioning.</td>
</tr>
</tbody>
</table>

Literature Review

Thematic Analysis

<table>
<thead>
<tr>
<th>Outcome Measure Themes</th>
<th>Depression</th>
<th>Withdrawal Symptoms</th>
<th>Social Functioning</th>
<th>Self Efficacy</th>
<th>Sleep</th>
<th>Stress</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>2</td>
<td>2</td>
<td>2</td>
</tr>
</tbody>
</table>

Key Findings

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