



**MediYoga for Patients with Stress-Related
Symptoms and Diagnoses in Primary Health Care
A Randomized Controlled Trial**

An increasing number of patients are suffering from stress-related symptoms and diagnoses. The purpose of this study was to evaluate the MediYoga treatment in patients with stress-related symptoms and diagnoses in primary health care. A randomized controlled study was performed at a primary health care centre in Sweden from March to June, 2011. Patients were randomly allocated to a control group receiving standard care or a yoga group treated with MediYoga for 1 hour, once a week, over a 12-week period in addition to the standard care. A total of 37 men and women, mean age of 53 ± 12 years were included. General stress level (measured using Perceived Stress Scale (PSS)), burnout (Shirom-Melamed Burnout Questionnaire (SMBQ)), anxiety and depression (Hospital Anxiety and Depression Scale (HADS)), insomnia severity (Insomnia Severity Index (ISI)), pain (visual analogue scale (VAS)), and overall health status (Euro Quality of Life VAS (EQ-VAS)) were measured before and after 12 weeks. Patients assigned to the Yoga group showed significantly greater improvements on measures of general stress level ($P < 0.000$), anxiety ($P < 0.019$), and overall health status ($P < 0.018$) compared to controls. Treatment with MediYoga is effective in reducing levels of stress and anxiety in patients with stress-related symptoms in primary health care.