

Oakland University Review of Reconnect with Food Success



Hypotheses

- Mindfulness-based yoga therapy would significantly increase quality of life.
- The participant's willingness to attend yoga therapy would have a strong correlation with those who found the yoga therapy to be beneficial to their lives.



Participants

- 23 females (91% Caucasian) between the ages of 16-55
- 74% enrolled in PHP, 26% enrolled in IOP
- Over 61% of participants completed the full 7 week treatment
- 52% payed for treatment with private insurance
- 48% payed for treatment out of pocket
- A greater portion of participants who payed via private insurance completed the full 7 weeks.



Procedure

- During intake all participants fill out the MOS-36 (Medical Outcomes Study-36)
- Participants are physically and psychologically evaluated to determine which program they are placed in (PHP or IOP)
- PHP is a 7 week program run from 9-2:30
- IOP is a 3 day per week program where participants meet for 3.5 hours



Measures

- The MOS-36 is designed to assess participants' quality of life
- It includes 7 questions and has been adjusted to reflect the quality of life among eating disorder patients
 - Including physical, emotional, and behavioral dimensions



Data Analysis

- Changes from pre to post treatment were examined using *t*-tests
- The paired *t*-test compares the means of two variables, computes the differences, and tests if the average is significantly different than zero
- 15 out of 23 had co occurring SA
- Although paired *t*-tests examine the significance of mean differences it does not evaluate the magnitude of these differences



Results



Modified MOS-36 Pre-Post	N	Mean-Pre	SD Pre	Mean Post	SD Post	<i>t</i>	<i>p</i>	ES
Yoga/Mind-Body Practices	16	1.06	1.73	3.06	1.53	-3.46	0.003	0.52
Healthy Eating Practices	14	2.21	1.41	4.01	0.77	-4.54	0.001	0.62
Coping and Management of ED	14	1.64	0.17	4.29	0.24	-9.14	0.000	0.98
ED interference with social life	16	2.06	0.19	3.75	0.21	-5.18	0.000	0.97
Healthy Mindset	11	1.22	0.29	1.75	0.29	-5.41	0.000	0.67
Meditation Practices	15	0.67	1.76	3.07	1.87	-4.75	0.000	0.55

Results

- 61% of participants answered the question related to emotional dimensions of quality of life
 - The results suggest that participants may have improved in their ability to cope and manage their eating disorders in their daily lives after completing treatment.
 - Pre treatment engagement in yoga and post treatment report of engagement in yoga and meditation increased to a daily occurrence ($p=.003$).



Discussion

- Overall, participants showed an increase in scores from pre to post treatment on the modified MOS-36
- After completing the 7 week yoga-based program individuals report higher scores suggesting an increase in coping and management of their eating disorder, less interference of disordered thoughts and behaviors in their social lives, and healthier eating practices and mindset.



Discussion

- The study suffers from a number of limitations
 - Observing changes from pre to post treatment does not mean that the treatment was actually effective.
 - Without a control group it is impossible to determine the effectiveness of the program
 - Events that occur between pre and post testing may affect outcomes

