

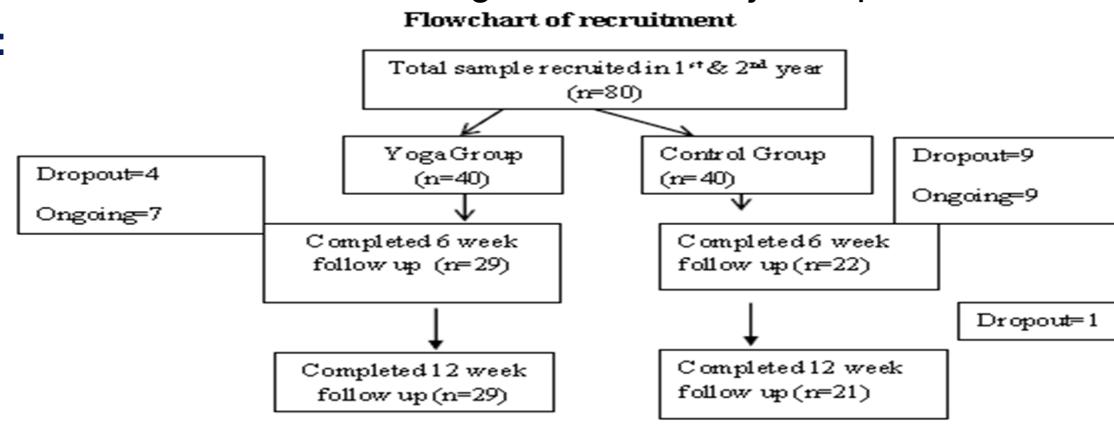
Effects of Additional Yoga Intervention in Children & Adolescents with Major Depressive Disorder: A Randomized Controlled Trial

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Introduction: Depression is one of the most common mental health disorders in children and adolescents. In India, many parents resist psychotropic medication for children due to potential side effects, highlighting the need for non pharmacological interventions like yoga. The current study investigates the impact of additional yoga therapy on depressive symptoms, global functioning, and parental stress among children and adolescents diagnosed with Major Depressive Disorder (MDD).

Methods:



Scales used

- Centre for Epidemiological Studies Depression Scale for Children
- Children's Global Assessment Scale
- Clinical Global Impression scale
- Depression Anxiety and Stress Scale for parents

Assessments were done at baseline, 6 week & 12 week

Results: In the experimental group, CES-DC scores showed significant improvements, with p value < 0.01 at 6 weeks and < 0.01 at 12 weeks. Global functioning scores also improved, recording p values of < 0.01 at 6 weeks and < 0.01 at 12 weeks. The control group also exhibited results, with CES-DC p values of < 0.01 at 6 weeks and < 0.01 at 12 weeks. Global functioning scores revealed p values of < 0.01 at 6 weeks and < 0.01 at 12 weeks. However, there were no significant differences in the improvement in CES-DC score and functioning in the experimental and control group at the end of 6 weeks and 12 weeks.

Conclusions: Yoga therapy was beneficial for the children and adolescents with major depressive disorder.

However, there were no significant differences in the improvement in depression and functioning in the experimental and control group.

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