

Symposium | Psychopharmacology : [Symposium 71] Exploring the potential of Traditional Indian yoga as a psychotherapy based on clinical experiences from other countries

📅 2025年9月27日(土) 14:10 ~ 15:40 🏢 Session Room 7 (Conference Room C)

[Symposium 71] Exploring the potential of Traditional Indian yoga as a psychotherapy based on clinical experiences from other countries

Moderator: Sachiyo Morita (Shiga university of Medical Science Hospital, Cancer Center)

[SY-71-05] An Intervention Study on Yoga Therapy-Based Body-Mind Relaxation Exercises for Improving Adolescent Depressive Symptoms

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キーワード : Yoga therapy、 Teenagers health services、 Relieve depression

The "2023 China Depression Blue Book" reveals that there are 95 million depression patients in China, with those under 18 accounting for up to 30% of the total. A survey of over 30,000 teenagers conducted by the Institute of Psychology, Chinese Academy of Sciences, indicates that 14.8% of them are at risk of depression. In light of this, exploring non-pharmacological treatments is particularly urgent. This study aims to explore the effectiveness of yoga therapy in improving depressive symptoms among teenagers. The study selected 60 middle school students aged 13-18 with depressive symptoms and randomly assigned them to an intervention group (yoga therapy, n=30) and a control group (routine rehabilitation, n=30) using a randomized controlled trial (RCT) method. After a three-month intervention, changes in depressive symptoms were compared between the two groups. The intervention group received yoga therapy tailored to students' schedules, guided by professional instructors in a "5+1" model weekly, which involved 10 minutes of online practice on weekdays and 50 minutes of offline practice on weekends, to ensure standardized movements and reduce bias. As the first application of yoga therapy among Chinese teenagers, this study is of great significance in promoting the development of psychiatry among this group, strengthening early prevention and non-pharmacological rehabilitation for minors' mental health. It provides a diversified safeguard plan for the mental health of teenagers worldwide and contributes to the development of psychiatry.