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Yoga Reduces Prenatal Depression Symptoms

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ABSTRACT

This research assessed the effects of yoga on prenatal depression symptoms using archival data. Depressed pregnant women were randomly assigned to either a yoga treatment group (n = 12) or a parenting education control group (n = 12). Women in the yoga group participated in classes two times a week for a period of 12 weeks. The attention control group received 12 parenting education sessions on the same schedule. The yoga versus control group showed greater decreases on the depressed affect and somatic/vegetative subscales and the summary score of the Center for Epidemiological Studies Depression Scale. Thus, yoga appears to reduce depression symptoms in pregnant women.

KEYWORDS

Yoga; Prenatal Depression Symptoms

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