

Poster Abstract – Original Research

Authors & Affiliations:

Price Beverly

Beverly S Price, Mindfulness-Based Yoga Therapy in Eating Disorders for Professionals and Mind-Body Focused Nutrition Therapy, Rochester Hills, Michigan USA

Kinney Nicole, Merkel Natalie, Pruitt Bethany Pruitt,

The University of Michigan School of Social Work, Ann Arbor, Michigan USA

Aquino, China, Haight, Lauren, McCollough, Jennifer, Roberts Rachel, Oakland University School of Public Health, Rochester, Michigan USA

The family name(s) of the author(s) should be written in lower case preceded by the first name(s) of the author(s) written in full. (e.g., Reynolds Maria)

All authors' affiliation details [e.g., department, organization, or institution, city or town, state (if applicable) and country] should be written under the names, preceded by the corresponding indices. (e.g. Reynolds Maria 1, Smith Paul 2

1) Department of Dietetics, Laiko General Hospital, Athens, Greece

2) Department of Dietetics & Nutritional Science, Harokopeio University, Athens, Greece)

Presenting Author & Affiliation:

Price Beverly

Beverly S Price, Mindfulness-Based Yoga Therapy in Eating Disorders for Professionals and Mind-Body Focused Nutrition Therapy, Rochester Hills, Michigan USA

Title:

Integrating Yoga into Nutrition Therapy for Eating Disorders

1. Introduction / Objectives / Methodology / Results / Conclusion

Eating disorders are serious conditions that impair physical and social functioning. This retrospective study examined the use of mindfulness-based yoga therapy as a treatment for eating disorders at a Partial Hospitalization Program (PHP) in Michigan, USA, measuring quality of life improvement, including reduction in eating disorder behaviors.

The study examined 17 pre- and post-intervention quality of life assessments (SF-36). Clients were treated in the yoga-based PHP for seven weeks, 6 hours per day, integrating yoga into traditional treatment modalities.

Results showed statistically significant improvement in clients' quality of life, which included coping and management of their eating disorder, with the mean rating increase from 1.35 at pre-intervention to 4.76 at post-intervention.

Fourteen participants out of 17 reported the ability to verbalize a healthy, realistic body image after participating in mindfulness-based yoga therapy, compared to only three before the intervention. Sixteen clients reported that they were able to eat at regular intervals with adequate most days each week, compared with only 11 before the intervention. Nine clients reported that their eating disorder interfered with social activities "A little of the time" or "None of the time" post program, compared with zero clients reporting this pre-program. All 17 respondents indicated improvement in coping and management of their eating disorder.

Although this study was small and did not have the benefit of a control group, outcomes were positive. A subsequent, retrospective study of 23 unique participants, measuring the same parameters with the same tool, also showed similar, significant improvements in quality of life, including reduction in eating disorder behaviors.

It is concluded that yoga can be an effective tool in improving the quality of life, including reduction in behaviors, of individuals who struggle with of eating disorders, when integrated into traditional therapeutic modalities.

2. Three key references:

Aquino, China, Haight, Lauren, McCollough, Jennifer, Roberts Rachel. Review of Reconnect with Food Success. Oakland University School of Public Health, Rochester, Michigan USA, 2016.

Eastman-Mueller, H., Wilson, T., Jung, AK., Kimura A., and Tarrant, J. iRest yoga nidra in the college campus: changes in stress, depression, worry and mindfulness. Int J Yoga Therap. 2013, (23): 15-24.

Kinney Nicole, Merkel Natalie, Pruitt Bethany Pruitt. The Inner Door Center's Mindfulness-Based Yoga Therapy for Eating Disorders, Program Evaluation. The University of Michigan School of Social Work, Ann Arbor, Michigan USA, 2015.

Pacanowski, Carly R., Diers, Lisa, Crosby, Ross D., Neumark-Sztainer, Dianne. Yoga in the Treatment of eating disorders within a residential program: A randomized controlled trial. Eating Disorders. 2017, 37-51.

Streeter, CC., Gerbarg, PL., Saper, RB., Ciraulo, DA., Brown, RP. Effects of yoga on the autonomic nervous system, gamma-aminobutyric-acid, and allostasis in epilepsy, depression, and post-traumatic stress disorder. Medical Hypothesis. 2012, 78(5): 571-579.

3. Three specific key messages:

1. Describe how Mindfulness-Based Yoga can improve the quality of life, and reduce eating disorder behaviors in a client who struggles with an eating disorder.
2. Discuss the benefits of mindfulness-based yoga for an individual who struggles with an eating disorder or disordered eating.
3. Describe how mindfulness-based yoga can be integrated with traditional treatment for eating disorders and disordered eating.