

Call For Participants



Yoga to Improve Mood and Thinking Patterns in Young Adults with Depression

24 week(s) to complete

Shopping voucher

Experiment

70/104 Ballarat Rd, Footscray VIC
3011, Australia

Victoria University

We are recruiting adult aged 18 to 45 who are experiencing the symptoms of moderate to severe depression. This study involves free yoga sessions over 12 weeks, 1 face to face and 11 online sessions per month. Participants will undergo a series of assessments before and after the 12 weeks of the yoga sessions and 12 week after the completion of yoga, including cognitive tests, mental health questionnaires, blood tests, ultrasound measure of blood flow to the brain, and neuromuscular assessments.

Find out more online

Poster printed on 01/07/2025

Study expires on 30/11/2025

More info

by scanning the QR code
or visiting the URL

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