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Effect of yoga counseling on quality of life and psychological outcomes of prostate cancer patients: A randomized control trial

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Background: Cancer is the second leading cause of death worldwide. The psychological issues are related to all stages of the disease affecting the outcome of treatment and overall quality of life.

Method: Ninety-two patients with prostate cancer undergoing chemotherapy were enrolled in the study in the outpatient setting. Patients were randomized into Yoga Counselling group or Usual care group after baseline assessment. Yoga-based psychological counseling delivered individually and in the group, given twice a week for 12 weeks. Anxiety, depression, and quality of life were assessed by the Hospital Anxiety Depression Scale and WHO quality of life-BREF (WHOQOL-BREF) respectively.

Results: At post intervention, yoga counselling showed significant improvement of quality of life as compared to the usual group with a large effect size in physical health ($p = 0.001$), psychological ($p = 0.001$), social relationships ($p = 0.001$), and environment ($p = 0.001$), and decrease in the anxiety ($p = 0.000$) and depression ($p = 0.000$).

Conclusion: The yoga counseling has been shown to be effective in improving quality of life and decreasing anxiety and depression among prostate patients undergoing chemotherapy.

Biography

Dhruv Singh is Yoga therapist and Naturopath at NMP Medical Research Institute, India. During his years of clinical practice, he has been dealing with a wide range of medical condition. He has a special interest in treating the chronic condition with traditional practices of Yoga and Naturopathy. While working with a research team of Warwick Research UK, Dhruv joined the cancer research study as a research associate. He is pursuing a continuing education program to further his knowledge in the treatment of cancer and continuing to expand his role serving his community of Rajasthan.

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