

ABSTRACT

The goal of this study was to evaluate the impact of yoga on post-traumatic stress disorder (PTSD) symptoms on disabled soldiers in the Sri Lanka Army. The participants of this study were 12 members of the military who met the diagnostic criteria for PTSD. The study assessed pre-post intervention compared, through benchmarking, the results obtained from the PTSD measure utilized in this study, using the latest model of the PTSD Checklist for DSM-5 (PCL) military, which asks about symptoms in response to "stressful military experiences." The data was analyzed using SPSS 17 and Paired t-tests were used to compare baseline scores to those at the follow-up for the single group after 6 months, pre-post design. Correlations were used to examine whether yoga attendance and home practice were associated with better outcomes. Findings of this study support the hypothesis that yoga intervention would significantly reduce PTSD symptoms; participants who undertook the intervention experienced a significant reduction in the symptoms associated with PTSD.

The pre-post changes seen on the Paired t-tests significant reduction in Re-experiencing and Arousal demonstrate the feasibility of yoga as an efficacious intervention indicated decreased significantly for PTSD symptoms. It is particularly impressive that significant findings emerged given the small sample size. Of particular note is that there were significant individual differences among participants in terms of impact of the intervention on symptoms. Further, it was indicated that there was a significant association between social demographic factors and service related factor. It is hoped that these results will help guide military health planners to pioneer new developments in military health services in the Sri Lanka Army and the country in general to formulate compensation schemes and improve the psychological well-being of all affected military personnel.