

Impact of Short-Term Yoga and Mindfulness Based Stress Reduction Programme on Health-Related Quality of Life of Treatment Seeking Patients with Cardiovascular Diseases

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Yoga and Mindfulness-based Stress Reduction (MBSR) are effective in improving Health-related Quality of Life (HRQoL) of patients with cardiovascular diseases (CVDs). The aim of this present study is to assess the impact of yoga and MBSR program on HRQoL of patients with CVDs attending University Hospital-KDU. A Quasi- experiment study was conducted among 80 patients (control group;40, intervention group;40) using a validated interviewer- administered questionnaire to assess the HRQoL as the data collection tool. Anthropometric, clinical, and laboratory investigation data were also collected. The intervention group received a yoga and MBSR program and the control group did not receive the yoga and MBSR Programme. Post-intervention parameters were collected after 8 weeks of the intervention from both groups. An Independent sample t-test was used to assess the mean difference between groups ($p < 0.05$). The Mean (\pm SD) ages of the control and intervention groups were 53.23 (\pm 7.82) and 53.25 (\pm 7.63) years respectively. The mean scores of all three domains of HRQoL of patients in the intervention group were significantly higher compared to the control group at the 8th week of intervention (emotional; $p = 0.041$, physical; $p = 0.034$ and social; $p = 0.049$). Moreover, the mean values of systolic Blood Pressure ($p = 0.003$), mean Arterial Blood Pressure ($p = 0.013$), total cholesterol ($p = 0.002$), triglycerides ($p \leq 0.001$), Low-Density Lipoprotein cholesterol levels ($p = 0.046$) and waist circumference ($p = 0.016$) were also significantly reduced after the intervention. The yoga and MBSR programme significantly improved HRQoL, clinical, anthropometric, and laboratory investigation parameters of treatment -seeking individuals with CVDs.

Keywords: *cardiovascular diseases, yoga, mindfulness-based stress reduction*