

## Empirical Support for Health and Wellness Offerings

### Yoga

There is a multitude of studies assessing the efficacy of yoga in treating chronic pain, PTSD, stress, anxiety, depression, and sleep disturbance. Here are a few recent meta-analyses.

Cramer, Holger & Lauche, Romy & Langhorst, Jost & Dobos, Gustav. (2013). Yoga for depression: A systematic review and meta-analysis. *Depression and anxiety*. 30. 10.1002/da.22166.

Kirkwood G, Rampes H, Tuffrey V, et al (2005). Yoga for anxiety: a systematic review of the research evidence. *British Journal of Sports Medicine*; 39:884-891.

Wang, X., Li, P., Pan, C., Dai, L., Wu, Y., & Deng, Y. (2019). The Effect of Mind-Body Therapies on Insomnia: A Systematic Review and Meta-Analysis. *Evidence-based complementary and alternative medicine : eCAM*, 2019, 9359807. doi:10.1155/2019/9359807

Cramer, Holger & Klose, Petra & Brinkhaus, Benno & Michalsen, Andreas & Dobos, Gustav. (2017). Effects of yoga on chronic neck pain: A systematic review and meta-analysis. *Clinical Rehabilitation*. 31. 026921551769873. 10.1177/0269215517698735.

Cramer H, Lauche R, Haller H, Dobos G. A systematic review and meta-analysis of yoga for low back pain. *Clinical Journal of Pain* 2013; 29(5): 450-460.

van der Kolk, Bessel & Stone, Laura & West, Jennifer & Rhodes, Alison & Emerson, David & Suvak, Michael & Spinazzola, Joseph. (2014). Yoga as an Adjunctive Treatment for Posttraumatic Stress Disorder: A Randomized Controlled Trial. *The Journal of clinical psychiatry*. 75. e559-e565. 10.4088/JCP.13m08561.

### Trauma-Informed Yoga

Nolan, C.R. (2016). Bending without breaking: A narrative review of trauma-sensitive yoga for women with PTSD. *Complementary therapies in clinical practices*, 24, 32-40. DOI: 10.1016/j.ctcp.2016.05.006

### Guided Relaxation

Sedlmeier, P., Eberth, J., Schwarz, M., Zimmermann, D., Haarig, F., Jaeger, S., & Kunze, S. (2012). The psychological effects of meditation: A meta-analysis. *Psychological Bulletin*, 138(6), 1139-1171. <http://dx.doi.org/10.1037/a0028168>

Eberth, Juliane & Sedlmeier, Peter. (2012). The Effects of Mindfulness Meditation: A Meta-Analysis. *Mindfulness*. 3. 10.1007/s12671-012-0101-x.

## **Nutrition**

Jacka, F. N., O'Neil, A., Opie, R., Itsiopoulos, C., Cotton, S., Mohebbi, M., ... Berk, M. (2017). A randomised controlled trial of dietary improvement for adults with major depression (the 'SMILES' trial). *BMC medicine*, 15(1), 23. doi:10.1186/s12916-017-0791-y

## **Exercise**

Schuch, Felipe & Vancampfort, Davy & Richards, Justin & Rosenbaum, Simon & Ward, Philip & Stubbs, Brendon. (2016). Exercise as a treatment for depression: A meta-analysis adjusting for publication bias. *Journal of Psychiatric Research*. 77. -. 10.1016/j.jpsychires.2016.02.023.

Rebar, Amanda & Stanton, Rob & Geard, David & Short, Camille & Duncan, Mitch & Vandelanotte, Corneel. (2015). A Meta-Meta-Analysis of the effect of physical activity on depression and anxiety in non-clinical adult populations. *Health Psychology Review*. 9. 10.1080/17437199.2015.1022901.

## **Green Exercise**

There is mounting evidence that “green exercise,’ or exercise in nature, has an even greater impact on emotional wellbeing.

Korpela, Kalevi & Borodulin, Katja & Neuvonen, Marjo & Paronen, O. & Tyrväinen, Liisa. (2013). Analyzing the mediators between nature-based outdoor recreation and emotional wellbeing. *Journal of Environmental Psychology*. 37. 10.1016/j.jenvp.2013.11.003.

Thompson Coon J, Boddy K, Stein K, et al. Does participating in physical activity in outdoor natural environments have a greater effect on physical and mental wellbeing than physical activity indoors? A systematic review. 2011. In: *Database of Abstracts of Reviews of Effects (DARE): Quality-assessed Reviews* [Internet]. York (UK): Centre for Reviews and Dissemination (UK); 1995-. Available from: <https://www.ncbi.nlm.nih.gov/books/NBK81780/>