

8.5 STRENGTH OF THE STUDY

- The first study to examine the effect of yoga on working memory in T2DM patients
- T2DM specific yoga protocol was used in the study
- Non-invasive methods were used for the assessment
- The first study to examine the effect of yoga on rumination in T2DM patients

8.6 LIMITATIONS OF THE STUDY

This study had a small sample size and participants with a wide age range. Future studies should include a larger sample of older participants who are at higher risk of cognitive impairment. This study was conducted without the use of short separation channels in fNIRS measurement. The use of short separation channels would have made the measurement more robust to systemic physiological noises and improved signal quality.

8.7 SUGGESTIONS FOR THE FUTURE STUDIES

The duration of the yoga intervention may influence the outcome of the study. Therefore, it is necessary to conduct the study over a longer period in order to determine the extent to which the practice of yoga has an effect. Also, further study is needed with a focus on the dose-response relationship of yoga practice to ascertain the optimum intervention.