

8.0 APPRAISAL

8.1 SUMMARY OF THE FINDINGS

This study aimed to develop and assess an Integrated Yoga Module for Substance Use Disorder (IYMSUD) on a range of physiological, psychological, and quality of life measures. The results indicate that the module is feasible and may have a substantial positive impact on individuals with substance use disorders (SUD), aligning with prior research suggesting that holistic, mind-body practices are beneficial in treating addiction.

8.2 CONCLUSION

The present study suggests that integrating an Integrated Yoga Module for Substance Use Disorder can be used as an adjunct to conventional therapy for SUD.

8.3 IMPLICATIONS OF THE STUDY

These findings are particularly relevant in the context of addiction treatment, as they suggest that yoga-based interventions like IYMSUD can provide comprehensive support, targeting not only the physiological aspects of recovery but also enhancing mental health and overall quality of life. Such holistic benefits are crucial for sustained recovery in individuals with substance use disorders, who often struggle with a wide range of physical and psychological challenges during and after treatment.

The application of this study lies in its potential to inform clinical practice. Addiction recovery centers and rehabilitation programs may consider integrating yoga modules as part of their holistic treatment plans. This intervention could be used alongside counseling, medication, and other therapies to support the physical and mental health of individuals in recovery. The study also highlights the feasibility of implementing yoga in real-world treatment settings, suggesting

that with proper training and support, yoga can be incorporated as a regular therapeutic offering for individuals with SUD.

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8.5 STRENGTH OF THE STUDY

One of the key strengths of this study is that it is the first study to integrate different aspects of yoga including counselling and apply it to a clinical population. In terms of developmental accuracy, when compared to previous yoga module studies, IYMSUD has a high methodological quality. The methodology combines a thorough systematic review with expert interviews, providing a robust foundation for the development of our YBC module. This approach surpasses previous studies which either focus on the theoretical application of yogic counselling or the integration of conventional psychological techniques(9). Moreover, the study integrates theoretical frameworks and practices to manage symptoms for a specific mental disorder, namely SUD, as compared to previous studies that generalize the application of yogic counselling. YBC literature highlights the relationship between the *pancha kosha* model and YBC (7) and this study successfully integrates different advanced yoga techniques tailored specifically to SUD to target imbalances in *pancha koshas*. Similar to a previous yoga module study (10), therapists can modify IYMSUD as per the participants' needs while

adhering to the core concept of the module. Moreover, this study put into the picture aspects of motivation and personality which can influence modifications to the IYMSUD intervention to be implemented

8.6 LIMITATION OF THE STUDY

However, several limitations must be acknowledged. The small sample size of 23 participants, all of whom are male, limits the generalizability of the findings. While the results are promising, they may not be representative of the broader SUD population, especially females or individuals with different socio-cultural backgrounds. Future studies with larger, more diverse samples are needed to confirm the efficacy of the intervention across different demographic groups.

Additionally, the short duration of follow-up restricts the ability to draw conclusions about the long-term sustainability of the observed benefits. Addiction is a chronic condition that often requires ongoing support and treatment, and while the immediate benefits of the IYMSUD module are clear, the extent to which these benefits persist over time remains unknown.

Another consideration is the potential influence of participant motivation and engagement. Those enrolled in the IYMSUD group may have been more motivated or predisposed to benefit from yoga-based practices, possibly introducing a selection bias. Future research should aim to control for these variables, perhaps by including more detailed assessments of motivation or adherence to the yoga regimen. Future randomized clinical trials will assess the module's efficacy. Additionally, further research can delve into developing yoga-based counselling for various mental disabilities.

8.7 SUGGESTIONS FOR FUTURE STUDIES

Future research should aim to address the limitations of this study by including larger, more diverse samples that encompass both male and female participants. Longer follow-up periods are also recommended to assess the long-term effects of yoga interventions on substance use outcomes and quality of life. Furthermore, future studies should consider incorporating additional interventions aimed at improving social and environmental well-being, as these domains did not show significant improvements in the current study. Expanding the range of outcome measures to include factors such as social support and environmental stability may also provide a more complete understanding of the effects of yoga on addiction recovery.

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9.0 APPENDIX

9.1 CONSENT FORMS



INFORMED CONSENT TO PARTICIPATE IN RESEARCH

**SWAMI VIVEKANANDA YOGA ANUSANDHANA
SAMSTHANA (SVYASA) DEEMED TO BE UNIVERSITY
Vivekananda Road, Kallabalu Post, Anekal Taluk, Jigani, Bengalore,
India**

research@svyasa.org, Phone: 080-22639983.

**Title of the Project: “VALIDATION OF AN INTEGRATED YOGA MODULE
AS AN ADJUNCT FOR THE MANAGEMENT OF SUBSTANCE USE
DISORDER.”**

Principal investigator: Dr. Vikas Rawat
Researcher: Yantra Atmika Ramsahaye
Maraz

Organization: Swami Vivekananda Yoga Anusandhana Samsthana (SVYASA)
Deemed to be University

This informed consent has two parts:

Information sheet (to share information about the research)

Certificate of Consent (for signature if you allow us to conduct the study)

PART I: Information Sheet

Introduction

I am Yantra Atmika Ramsahaye Maraz, PhD Scholar at SVYASA Yoga University. We are conducting a research project to develop an Integrated Yoga Module for the treatment of substance addiction and evaluate how well the module works. I am sharing with you relevant information and inviting you to be part of this research. You need not decide today whether to participate or not in the research. You can talk to anyone you feel comfortable with about the research before you decide to take part in the research.

I will share some information about the research. There may be some words that you may not understand. Please ask me to stop as we go through the information and I will take time to explain. If you have any questions later, you can ask me or the staff.

Purpose of the Research:

Substance addiction is a serious health issue that has underlying societal and health consequences. There are different methods to manage addiction and one of them is through Yoga. Yoga and meditation are practiced along with the other on-going treatment. Based on the available scientific and literary evidences, an Integrated Yoga Module has been designed and validated to improve factors related to substance addiction like emotion regulation, quality of life, motivation, resilience and maladaptive behaviours. Practices include meditation, yoga asana (postures), and pranayama (breathing exercise) and Yoga Vimarsa (yogic term for counselling). The aim of this study is to find out how doable is the newly developed and validated Integrated Yoga Module for substance addiction.

To the best of our knowledge, not many empirical literature is available on Yoga Vimarsa and substance use disorder. Hence, there is a requirement for such a study that tests the feasibility, acceptability of the integrated yoga module as an adjunct to the treatment of substance addiction.

Procedure for the research:

Participant selection: We are inviting adult males who suffer from Substance Use Disorder and who have completed a detoxification program to take part in this research on addiction where, 'Yogic' practices will be done in addition to the usual treatment given by the rehabilitation center. Your opinion on the Integrated Yoga Module will be of great value to assess how doable it is and if any changes must be made.

Type of Research Intervention:

This research will involve you practicing yoga postures, breathing exercises and participating in counselling sessions while continuing the treatment offered by the rehabilitation program. At the end of the study, we will take your feedbacks about the Yoga intervention.

Selection of participant :

People who meet eligibility criteria will be selected for study, following are the selection criteria:

- Individuals who have been diagnosed with Substance Use Disorder
- Individuals who are males above 18-45 years old
- Individuals having medical clearance to participate
- Individuals who are fluent in either French or Creole or English
- Individuals who have undergone medically supervised detoxification

Participants unwilling to participate, those who have been diagnosed with psychotic disorders, those who have acute suicidality or could be of imminent dangers to others and those who need intensive treatment due to high risk of relapse or continued heavy use will be excluded from this study.

Voluntary Participation- Your participation in this research is entirely voluntary. It is your choice whether to participate or not. You may change your mind later and stop participating even if you agreed earlier.

Information on the Trial

Yoga

After completing the detoxification, you will join the center for rehabilitation. A psychiatrist will determine whether you can participate in the study according to the eligibility criteria. We will do a general interview to understand your medical history. You will either be in the yoga group or in the group that does usual treatment.

We will ask you to fill two questionnaires that assess your motivation level and quality of life. All your information will be kept confidential. After that we you will continue the treatment as usual at the center.

If you are in the Yoga group, you will fill a questionnaire called “Vedic Personality Inventory” so that we can understand your personality better. This will help us to give you special attention according to your type of personality. For example, if you are a very active person, we will teach you techniques to calm down and relax.

For 4 weeks, the Integrated Yoga Module will be practised. This module has been validated and accepted by experts as an add-on technique that can help in the treatment of Substance Use Disorder. In addition to everything that is done at the center, you will also practice Yoga postures, breathing exercises and you will have counselling sessions in groups.

After completing treatment, we will take your feedback via a semi-structured interview about the yoga practices. For example, we will ask you how you felt when you did the yoga poses. In addition, we will assess your motivation level and quality of life.

Then after 1 month, we will meet again. This will help us understand how you are feeling, and how you are dealing with your addiction. We will take your motivation and quality of life level a final time.

Your participation will help us know how doable the module is and what needs to be changed.

Risk

During your participation, in case you are not feeling well or feel any type of pain or discomfort, you can stop the practice. In case of an emergency, we will provide first aid and take you to the government hospital if required.

Since Yoga is a physical practice, initially you may feel some muscle pain. However, most of the yoga postures are basic and does not need prior experience.

I have checked with the individual and they understand the risks and discomforts
_____ **(initial)**

Benefits

Different people can have different types of benefits when practicing yoga. We want to find out how you feel after practicing this Integrated Yoga module. Usually, Yoga postures and breathing exercises can help you to have physical stamina in the long term. It also helps to relax the body and mind. We also believe that the counselling sessions will help you cope better with thoughts that are drug-related. For example, you will learn how to manage thoughts that push you to use a drug again.

I have checked with the individual and they understand the benefits_____
(initial)

Confidentiality

Information about you that will be collected from the research will be put away and no-one but the researchers will be able to see it. Any information about you will have a number on it instead of your name. Only the researchers will know what your number is and we will lock that information up with a lock and key. It will not be shared with or given to anyone except Dr. Vikas Rawat, who is my supervisor and a part of this research study. Any

photo/recording taken during the study will not have your recognizable faces. If you choose not to have your photo taken, your choice will be respected.

Sharing the Findings

When we are finished the research, I will sit down with you and I will tell you about what we learnt. Afterwards, we will be telling more people, scientists and others, about the research and what we found. We will do this by writing and sharing reports and by going to meetings with people who are interested in the work we do. Note that at no point your personal information will be shared.

Right to Refuse or Withdraw:

You do not have to be in this research if you do not want to. No one will be angry or disappointed with you if you say no. It is your choice. You can think about it and tell us later if you want to be part of this research study. You can say "yes" now and change your mind later and it will still be okay.

Whom to Contact:

If you have any questions, you may ask now or later, even after the study has started. If you wish to ask the questions later, you may contact:

1. Atmika Ramsahaye: +230 58238861; e-mail: atmiks01@gmail.com
2. Dr. Vikas Rawat – +91 8022639908; e-mail: vikasrawat@svyasa.edu.in (India)

PART 2: Certificate of Assent

I have read this information (or had the information read to me). My questions were answered and I know that I can ask questions later if I have any.

Tick where appropriate (✓)

I agree to take part in the research.

OR

I do not wish to take part in the research and I have not signed the assent below. _____(initialled by child/minor)

Only if participant assents:

participant: Name of participant:

Date: _____

Signature of

I have accurately read or witnessed the accurate reading of the assent form to the potential participant, and the individual has had the opportunity to ask questions. I confirm that the individual has given assent freely.

Yantra Atmika Ramsahaye Maraz

Researcher Date _____
Day/month/year

Signature of

Statement by the researcher/person taking consent

I have accurately read out the information sheet to the potential participant, and to the best of my ability made sure that the individual understands that the following will be done:

- 1.
- 2.
- 3.

I confirm that the individual was given an opportunity to ask questions about the study, and all the questions asked by him have been answered correctly and to the best of my ability. I confirm that the individual has not been coerced into giving consent, and the consent has been given freely and voluntarily.

A copy of this assent form has been provided to the participant.

Name of Researcher/person taking the assent _____

Signature of Researcher /person taking the assent _____ **Date**

Copy provided to the participant _____ (initialled by researcher/assistant)

French Version of consent form:



CONSENTEMENT ÉCLAIRÉ POUR PARTICIPER À LA RECHERCHE

SWAMI VIVEKANANDA YOGA ANUSANDHANA SAMSTHANA (SVYASA) DEEMED TO BE UNIVERSITY

Vivekananda Road, Kallabalu Post, Anekal Taluk, Jigani, Bangalore, India

research@svyasa.org, Téléphone: 080-22639983.

Titre du projet: **“VALIDATION DU MODULE DE YOGA INTÉGRÉ EN TANT QUE TRAITEMENT COMPLÉMENTAIRE POUR LA GESTION DU TROUBLE DE LA TOXICOMANIE.”**

Chercheur principal : Dr. Vikas Rawat

Chercheur : Yantra Atmika Ramsahaye Maraz

Organisation: Swami Vivekananda Yoga Anusandhana Samsthana (SVYASA) est considéré comme une université.

Ce consentement éclairé comporte deux parties:

PARTIE I : Fiche d'information (pour partager des informations sur la recherche)

PARTIE II : Certificat de consentement (à signer si vous nous autorisez à mener l'étude)

PARTIE I : Fiche d'information

Introduction

Je suis Y. Atmika Ramsahaye M., doctorante à l'Université de Yoga SVYASA. Nous menons un projet de recherche visant à développer un module de yoga intégré pour la gestion de la toxicomanie et à évaluer l'efficacité de ce module. Je partage avec vous des informations pertinentes et vous invite à faire partie de cette recherche. Vous n'avez pas besoin de décider aujourd'hui de participer ou non à la recherche. Vous pouvez parler de la recherche à toute personne avec laquelle vous vous sentez à l'aise avant de décider de participer à la recherche.

Je vais vous donner quelques informations sur le projet de recherche. Il y aura peut-être des mots que vous ne comprendrez pas. Demandez-moi de m'arrêter pendant que nous passons en revue les informations et je prendrai le temps de vous expliquer. Si vous avez des questions plus tard, vous pouvez me les poser ou les poser au personnel.

Objectif de la recherche:

La toxicomanie est un problème de santé grave qui a des conséquences sous-jacentes sur la société et la santé. Il existe différentes méthodes pour gérer la dépendance et l'une d'entre elles est le yoga. Le yoga et la méditation sont pratiqués en même temps que les autres traitements en cours. Sur la base des preuves scientifiques et littéraires disponibles, un module de yoga intégré a été conçu et validé pour améliorer les facteurs liés à la toxicomanie, comme la régulation des émotions, la qualité de vie, la motivation et les comportements inadaptés. Les pratiques comprennent la méditation, le yoga asana (postures), le pranayama (exercice de respiration) et le yoga vimarsa (terme yogique pour le conseil). L'objectif de cette étude est de déterminer dans quelle mesure le module intégré de yoga récemment développé et validé pour la toxicomanie est réalisable.

A notre connaissance, il n'existe pas beaucoup de littérature empirique sur le Yoga Vimarsa et la toxicomanie. Il est donc nécessaire de mener une étude pour tester la faisabilité et l'acceptabilité du module de yoga intégré en tant qu'adjuvant au traitement de la toxicomanie.

Procédure pour la recherche:

Sélection des participants: Nous invitons les hommes adultes souffrant de troubles liés à l'utilisation de substances psychoactives et ayant terminé un programme de désintoxication à participer à cette recherche sur la dépendance, dans le cadre de laquelle des pratiques "yogiques" seront effectuées en plus du traitement habituel dispensé par le centre de réhabilitation. Votre opinion sur le module de yoga intégré sera d'une grande utilité pour évaluer dans quelle mesure il est réalisable et si des changements doivent être apportés..

Type de recherche d'intervention:

Cette recherche vous amènera à pratiquer des postures de yoga, des exercices de respiration et à participer à des séances de conseil tout en poursuivant le traitement proposé par le programme de réhabilitation. À la fin de l'étude, nous recueillerons vos commentaires sur l'intervention de yoga.

Sélection des participants:

Les personnes qui répondent aux critères d'éligibilité seront sélectionnées pour l'étude, les critères de sélection étant les suivants:

- Les personnes chez qui on a diagnostiqué un trouble de la consommation de substances psychoactives.
- Hommes âgés de 18 à 40 ans.
- Personnes ayant une autorisation médicale pour participer
- Les personnes qui parlent couramment le français, le créole ou l'anglais.
- Personnes ayant suivi une cure de désintoxication sous surveillance médicale.

Les participants qui ne veulent pas participer, ceux qui ont été diagnostiqués comme souffrant de troubles psychotiques, ceux qui ont une tendance suicidaire aiguë ou qui pourraient représenter un danger imminent pour autrui et ceux qui ont besoin d'un traitement intensif en raison d'un risque élevé de rechute ou d'une forte consommation continue seront exclus de cette étude.

Participation volontaire - Votre participation à cette recherche est entièrement volontaire. C'est vous qui décidez de participer ou non. Vous pouvez changer d'avis plus tard et cesser de participer, même si vous aviez accepté auparavant. Votre participation à cette recherche est

entièrement volontaire. C'est vous qui décidez de participer ou non. Vous pouvez changer d'avis plus tard et cesser de participer, même si vous aviez accepté auparavant.

Informations sur les essais

Yoga

Après avoir terminé la désintoxication, vous rejoindrez le centre pour la réhabilitation. Un psychiatre déterminera si vous pouvez participer à l'étude selon les critères d'éligibilité. Nous ferons un entretien général pour comprendre vos antécédents médicaux. Vous serez soit dans le groupe de yoga, soit dans le groupe qui suit le traitement habituel.

Nous vous demanderons de remplir deux questionnaires qui évaluent votre niveau de motivation et votre qualité de vie. Toutes vos informations resteront confidentielles. Nous prendrons également votre indice de masse corporelle, votre niveau de capacité respiratoire et votre niveau de pression artérielle. Ensuite, vous poursuivrez le traitement comme d'habitude au centre.

Si vous êtes dans le groupe de yoga, vous remplirez un questionnaire appelé "Inventaire védique de la personnalité" afin que nous puissions mieux comprendre votre personnalité. Cela nous aidera à vous accorder une attention particulière en fonction de votre type de personnalité. Par exemple, si vous êtes une personne très active, nous vous enseignerons des techniques pour vous calmer et vous détendre.

Pendant 4 semaines, le module de yoga intégré sera pratiqué. Ce module a été validé et accepté par les experts comme une technique complémentaire qui peut aider à la gestion des troubles liés à la consommation de substances. En plus de tout ce qui est fait au centre, vous pratiquerez également des postures de yoga, des exercices de respiration et vous aurez des séances de conseil en groupe.

À l'issue du traitement, nous recueillerons votre avis sur les pratiques de yoga dans le cadre d'un entretien semi-structuré. Par exemple, nous vous demanderons ce que vous avez ressenti en faisant les postures de yoga. En outre, nous évaluerons votre niveau de motivation et votre qualité de vie.

Puis, après un mois, nous nous rencontrerons à nouveau. Cela nous aidera à comprendre comment vous vous sentez, et comment vous gérez votre dépendance. Nous évaluerons une dernière fois votre niveau de motivation et votre qualité de vie.

Votre participation nous aidera à savoir si le module est réalisable et ce qui doit être modifié.

Risque

Pendant votre participation, si vous ne vous sentez pas bien ou si vous ressentez un quelconque type de douleur ou d'inconfort, vous pouvez arrêter la pratique. En cas d'urgence, nous vous fournirons les premiers soins et vous emmènerons à l'hôpital public si nécessaire.

Le yoga étant une pratique physique, il se peut que vous ressentiez initialement des douleurs musculaires. Cependant, la plupart des postures de yoga sont basiques et ne nécessitent aucune expérience préalable.

J'ai vérifié avec la personne et elle comprend les risques et les inconforts _____ (initiales).

Avantages

La pratique du yoga peut avoir des effets bénéfiques différents selon les personnes. Nous voulons savoir comment vous vous sentez après avoir pratiqué ce module de yoga intégré. En général, les postures de yoga et les exercices de respiration peuvent vous aider à avoir de l'endurance physique à long terme. Ils aident également à détendre le corps et l'esprit. Nous pensons également que les séances de conseil vous aideront à mieux gérer les pensées liées à la drogue. Par exemple, vous apprendrez à gérer les pensées qui vous poussent à consommer à nouveau une drogue.

J'ai vérifié auprès de la personne et elle comprend les avantages _____ (initiales).

Confidentialité

Les informations vous concernant qui seront recueillies dans le cadre de la recherche seront conservées et personne d'autre que les chercheurs ne pourra les voir. Toutes les informations vous concernant porteront un numéro à la place de votre nom. Seuls les chercheurs sauront quel est votre numéro et ces informations seront conservées sous clé. Elles ne seront ni

partagées ni communiquées à quiconque, à l'exception du Dr Vikas Rawat, qui est mon superviseur et qui participe à cette étude. Toute photo/tout enregistrement pris au cours de l'étude ne comportera pas vos visages reconnaissables. Si vous choisissez de ne pas être pris en photo, votre choix sera respecté.

Partage des résultats

Lorsque nous aurons terminé nos recherches, je m'assiérai avec vous et je vous raconterai ce que nous avons appris. Ensuite, nous parlerons à d'autres personnes, scientifiques ou non, de nos recherches et de ce que nous avons découvert. Nous le ferons en rédigeant et en partageant des rapports et en participant à des réunions avec des personnes intéressées par notre travail. Notez qu'à aucun moment vos informations personnelles ne seront partagées.

Droit de refus ou d'abandon:

Vous n'êtes pas obligé de participer à cette recherche si vous ne le souhaitez pas. Personne ne sera en colère ou déçu si vous dites non. C'est votre choix. Vous pouvez y réfléchir et nous dire plus tard si vous voulez faire partie de cette étude de recherche. Vous pouvez dire "oui" maintenant et changer d'avis plus tard et ce sera toujours accepté.

Personnes à contacter:

Si vous avez des questions, vous pouvez les poser maintenant ou plus tard, même après le début de l'étude. Si vous souhaitez poser les questions plus tard, vous pouvez contacter:

1. Atmika Ramsahaye: +230 58238861; e-mail: atmiks01@gmail.com
2. Dr. Vikas Rawat – +91 8022639908; e-mail: vikasrawat@svyasa.edu.in (India)

PARTIE 2 : Certificat de consentement

J'ai lu ces informations (ou on me les a lues). J'ai obtenu des réponses à mes questions et je sais que je peux poser des questions plus tard si j'en ai d'autres.

Cochez les cases appropriées (✓)

J'accepte de participer à la recherche.

OU

Je ne souhaite pas participer à la recherche et je n'ai pas signé le formulaire de consentement ci-dessous. _____(initiales)

En cas de consentement du participant:

Nom du participant:

Date: _____

Signature du participant:

J'ai lu avec exactitude ou assisté à la lecture exacte du formulaire de consentement au participant potentiel, et la personne a eu la possibilité de poser des questions. Je confirme que la personne a donné son consentement librement.

Yantra Atmika Ramsahaye Maraz

Date _____

Jour/mois/année

Signature du chercheur

Déclaration du chercheur/de la personne qui obtient le consentement

J'ai lu avec précision la fiche d'information au participant potentiel et je me suis assuré, au mieux de mes capacités, que la personne comprenne ce qui suit:

1. Les informations anthropomorphiques, le niveau de motivation, la qualité de vie et le type de personnalité seront pris au maximum trois fois.
2. Une intervention de yoga ainsi que le traitement habituel seront donnés aux personnes du groupe de yoga.
3. Après un mois, nous nous rencontrerons à nouveau pour recueillir davantage d'informations.

Je confirme que l'individu a eu l'occasion de poser des questions sur l'étude, et que toutes les questions qu'il a posées ont reçu une réponse correcte et au mieux de mes capacités. Je confirme que l'individu n'a pas été contraint de donner son consentement et que celui-ci a été donné librement et volontairement.

Une copie de ce formulaire de consentement a été fournie au participant.

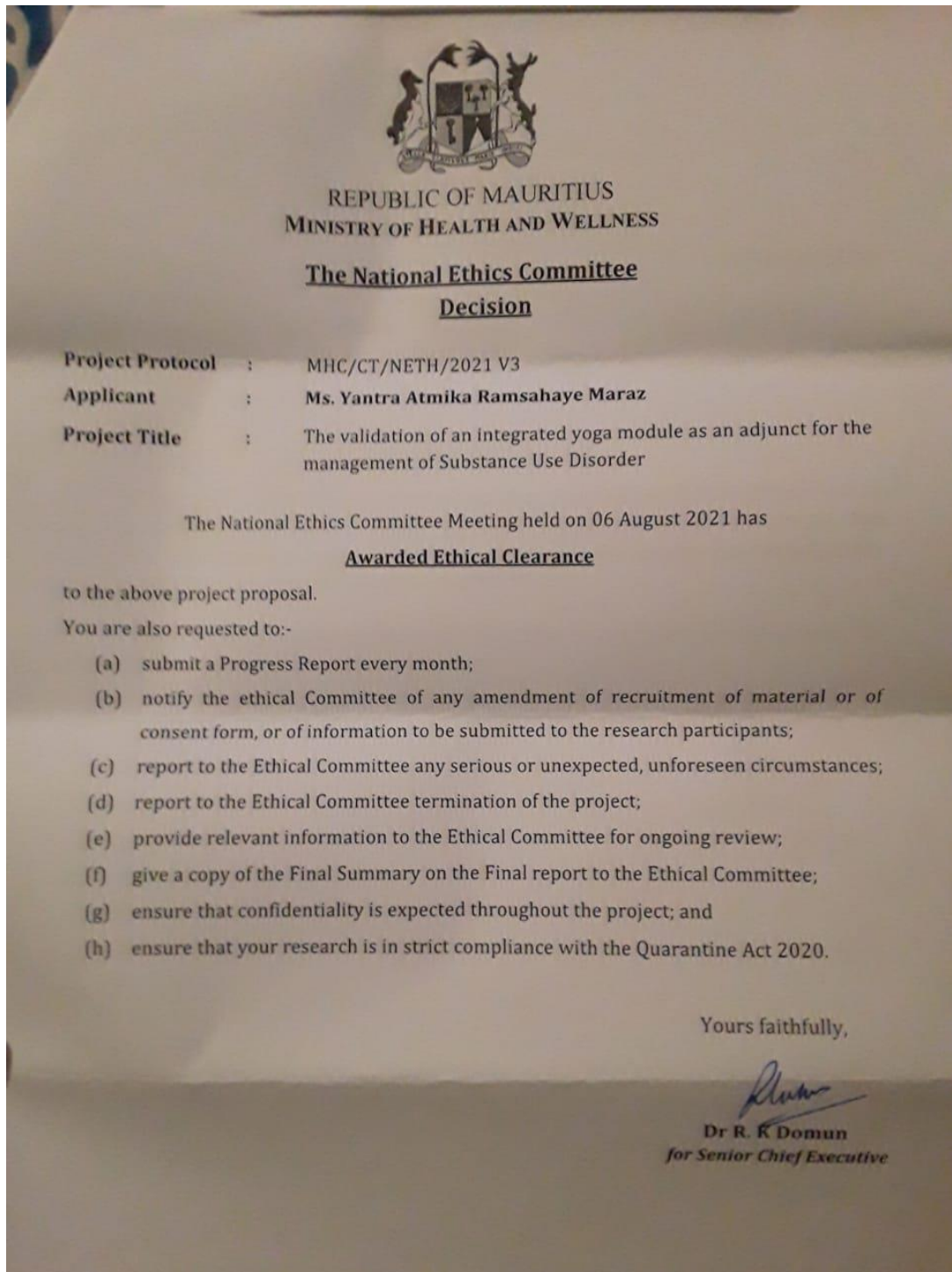
Nom du chercheur/de la personne qui obtient le consentement

Signature du chercheur / de la personne qui obtient le consentement

Date _____

Copie remise au participant _____ (initialisé par le chercheur/assistant)

9.2 ETHICAL CLEARANCE





स्वामी विवेकानन्द योग अनुसंधान संस्थान
Swami Vivekananda Yoga Anusandhāna Samsthāna

(Declared as Deemed-to-be University under Section 3 of the UGC Act, 1956)

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Ph: 080 - 2661 2669, Telefax: 080 - 2660 8645

E-mail: svyasa@svyasa.org Website: www.svyasa.org

To
The Chairperson
Ethics Sub-Committee
Ministry of Health & Wellness
5th Floor, Emmanuel Anquetil Building
Port Louis
Mauritius

Date: 07.05.2021

From
Dr Vikas Rawat
Associate Professor Division of Yoga and Humanities
Ph.D. Yoga
S-VYASA, Deemed to be University
Bangalore
India

Submission of Research project for approval by Ethics Committee

Greetings.

I, Dr. Vikas Rawat, Research Supervisor of Ms. Yantra Atmika Ramsahaye Maraz, bearing the Reg. No: SVYASA/PhDF//Jan 19/04 recommending you to consider the project titled "The Validation of an integrated yoga module as an adjunct for the management of Substance Use Disorder" for ethical reviewing.

We wish to inform you that the Ph.D. proposal has been cleared by the Institutional Ethical Committee on 9th April 2021.

The resource person and the Subject expert, Dr. Taroon Singh Ramkoosal Sing, Psychiatrist and addiction specialist, will be supervising the candidate in Mauritius.

This pilot study will take place at the Centre d' Accueil de Terre Rouge and administrative clearance has been obtained from the Director, Mr José AhChoon.

6 copies of the research project, along with all supporting documents such as Informed consent form and translated questionnaires used in the study are also enclosed. This project does not include any invasive assessment and all the ethical norms will be followed.

Kindly consider this project for the ethical review.

Thanking You.

Yours Sincerely,

Dr. Vikas Rawat

Dr. VIKAS RAWAT
Associate Professor
Division Of Yoga & Humanities
S-VYASA, Deemed To Be University,
Vivekanada Road, Kallubalu Post,
Jigani, Anekal Taluk,
BENGALURU - 560 105

9.3 QUESTIONNAIRES

Code _____

Date _____

MOTIFS DE CHEMINEMENT

Plusieurs raisons peuvent expliquer pourquoi une personne est en traitement dans un centre de réhabilitation. Ces raisons peuvent changer avec le temps.

Indiquez à quel point chacun des énoncés suivants correspond à l'une des raisons pour lesquelles vous êtes présentement en thérapie au centre de réhabilitation. Il n'y a pas de bonnes ou de mauvaises réponses ; ce qui compte c'est ce que vous ressentez vraiment.

Ne correspond pas du tout	Correspond très peu	Correspond un peu	Correspond moyennement	Correspond assez	Correspond beaucoup	Correspond exactement
1	2	3	4	5	6	7

POURQUOI ÊTES-VOUS PRÉSENTEMENT EN THÉRAPIE AU CENTRE DE REHABILITATION?

1. Parce que je suis fatigué(e) de me sentir incorrect(e). 1 2 3 4 5 6
7
2. Parce que je ne veux pas perdre quelque chose qui me tient à coeur (par exemples: mon travail, ma maison, etc.). 1 2 3 4 5 6
7
3. Parce que je crois que c'est la meilleure façon de m'en sortir. 1 2 3 4 5 6
7

4. Parce que j'avais besoin d'aide pour m'en sortir mais je crois que je peux continuer par moi-même. 1 2 3 4 5 6
7
5. Parce que ça fait plaisir à quelqu'un que j'aime. 1 2 3 4 5 6
7
6. Parce que j'essaie tout ce qui peut m'aider à m'améliorer. 1 2 3 4 5 6
7
7. Je n'en ai plus pour longtemps parce que j'ai déjà reçu ce dont j'avais besoin. 1 2 3 4 5 6
7
8. Parce qu'il faut que j'arrête de tout détruire autour de moi. 1 2 3 4 5 6
7
9. Parce que c'est le moyen que je préfère pour apprendre à vivre d'une manière plus équilibrée. 1 2 3 4 5 6
7
10. Parce que je veux éviter d'avoir des problèmes avec mon entourage, mon employeur ou la justice. 1 2 3 4 5 6
7

Ne correspond pas du tout	Correspond très peu	Correspond un peu	Correspond moyennement	Correspond assez	Correspond beaucoup	Correspond exactement
1	2	3	4	5	6	7

POURQUOI ÊTES-VOUS PRÉSENTEMENT EN THÉRAPIE AU CENTRE DE REHABILITATION?

11. J'ai déjà eu de bonnes raisons mais, maintenant, j'ai atteint mon but. 1 2 3 4 5 6
7
12. Parce qu'il faut que je fasse quelque chose, ma vie n'a plus de sens. 1 2 3 4 5 6
7
13. Parce que je suis obligé(e) (par exemples: par mon conjoint, mon employeur, la cour, etc.). 1 2 3 4 5 6
7
14. Je ne sais pas ce qui me retient car je me sens beaucoup mieux. 1 2 3 4 5 6
7
15. Parce que le fonctionnement du centre de rehabilitation me convient très bien. 1 2 3 4 5 6
7

THE 'G' INVENTORY OF PERSONALITY
(S-VYASA)

Instructions

Below are TEN triplets, each consisting of three items or statements. Each item indicates an attitude or an activity.

Please attempt each of the triplets and tick only one item in each triplet which you think to be more applicable to you. It may be that you practice them or you just prefer them.

Please remember that none of the items is good or bad. There is no right or wrong answer. The item simply implies certain difference among people.

Please attempt all the ten triplets.

- A. a) I have no grudge against my myself or anybody else for my sufferings.
 b) I hold myself responsible for my sufferings.
 c) I hold others and/or circumstances responsible for my sufferings.
- B. If I am compelled to choose one from among the following three alternatives, I would like to spend leisure hours mostly by:
 a) Playing games and/or visiting friends.
 b) Sleeping or idling away the time.
 c) Reading books on philosophy and/or religion.
- C. I prefer:
 a) Visiting places of worship and prayer.
 b) Witnessing occult practices.
 c) Watching physical fears.
- D. I prefer
 a) Preparing of meat derived from fresh kills.
 b) Preparing dried fish or tinned meat.
 c) Fruits and/or milk preparing.
- E. a) In my work, I feel encourages when I am praised and depressed when I am criticized.
 b) Praise or criticism does not generally affect my work.
 c) Generally, I feel no urge to work, no matter whether I am praised or criticized.
- F. In most cases, I give alms to beggars/ sympathize with the poor:
 a) With a sense of service.
 b) With a spirit of rendering help.
 c) With an attitude of disgust or indifference.
- G. a) I believe that right and wrong are exclusively moral values.
 b) Right and wrong practically carry no sense to me.
 c) I believe that right and wrong are only social values.

- H. a) Ordinarily, I do not like to work unless compelled by circumstances.
 b) I like to work and in most cases my action is guided by reason.
 c) I like to work and in most cases I act impulsively.
- I. a) I can seldom work with determination even in encouraging situations.
 b) I can work with the determination without expectation of anything in return.
 c) I can work with determination only when some return is assured.
- J. a) I am ready to undergo pains mainly for attaining worldly happiness.
 b) I am ready to undergo pains mainly for attaining spiritual progress.
 c) I do not like to take pains at all; rather I like comforts and amusements. For

GUNA-Based distribution of the items of the inventory

Items groups in the inventory

INDIVIDUAL ITEM	A	B	C	D	E	F	G	H	I	J
SATVA (3)	a	c	a	c	b	a	a	b	b	b
RAJAS (2)	b	a	c	a	a	b	c	c	c	a
TAMAS (1)	c	b	b	b	c	c	b	a	a	c

SCORING

The score value of weight, age of an item indicating:

SATVA (3) RAJAS (2) TAMAS (1)

Table showing the type of personality and norms of the inventory

Types of personality	Norms of inventory
Tamasika	Score below 24
Rajasika	Score range from 24 to 28
Satvika	Score above 28

Instructions

Vous trouverez ci-dessous 10 set de triples,

Gardez à l'esprit qu'aucun des éléments n'est bon ou mauvais. Il n'y a pas de bonne ou de mauvaise réponse. Le contenu implique simplement une certaine différence entre les personnes.

Veillez entreprendre les dix triplés.

- A.
 - a) Je ne m'en veux pas et je n'en veux à personne pour mes souffrances.
 - b) Je me considère comme responsable de mes souffrances.
 - c) Je tiens les autres et/ou les circonstances responsables de mes souffrances.

- B. Si je dois choisir entre les trois possibilités suivantes, j'aimerais passer mes heures de loisir principalement à:
 - a) Jouer à des jeux et/ou rendre visite à des amis.
 - b) Dormir ou laisser passer le temps.
 - c) Lire des livres sur la philosophie et/ou la religion.

- C. Je préfère:
 - a) Visiter des lieux de culte et de prière.
 - b) Être témoin de pratiques occultes.
 - c) Regarder des activités physiques.

- D. Je préfère :
 - a) Des préparations à base de viande
 - b) Des préparations à base de poisson séché ou de la viande en conserve.
 - c) Des préparations à base de fruits et/ou de lait.

- E.
 - a) Dans mon travail, je me sens encouragé lorsque je suis félicité et déprimé lorsque je suis critiqué.

- b) Les éloges ou les critiques n'affectent généralement pas mon travail.
 - c) En général, je ne ressens aucune envie de travailler, que je sois félicité ou critiqué.
- F. Le plus souvent, je donne l'aumône aux mendiants/je sympathise avec les pauvres:
- a) Avec le sens du service.
 - b) Avec un esprit d'entraide.
 - c) Avec une attitude de dégoût ou d'indifférence.
- G.
- a) Je crois que le bien et le mal sont des valeurs exclusivement morales.
 - b) Le bien et le mal n'ont pratiquement aucun sens pour moi.
 - c) Je crois que le bien et le mal ne sont que des valeurs sociales.
- H.
- a) D'ordinaire, je n'aime pas travailler, sauf si les circonstances m'y obligent.
 - b) J'aime travailler et, en général, mon action est guidée par la raison.
 - c) J'aime travailler et la plupart du temps, j'agis de manière impulsive.
- I.
- a) Je suis rarement capable de travailler avec détermination, même dans des situations encourageantes.
 - b) Je peux travailler avec détermination sans attendre quoi que ce soit en retour.
 - c) Je peux travailler avec détermination uniquement lorsque des bénéfiques sont assurés.
- J.
- a) Je suis prêt à souffrir pour obtenir le bonheur matériel.
 - b) Je suis prêt à souffrir pour atteindre le progrès spirituel.
 - c) Je n'aime pas du tout la souffrance, j'aime plutôt le confort et les distractions.

Pour une répartition des éléments de l'évaluation basée sur la méthode GUNA

Les groupes d'éléments dans l'évaluation

ÉLÉMENT INDIVIDUEL	A	B	C	D	E	F	G	H	I	J
SATVA (3)	a	c	a	c	b	a	a	b	b	b
RAJAS (2)	b	a	c	a	a	b	c	c	c	a
TAMAS (1)	c	b	b	b	c	c	b	a	a	c

Motivation to seek treatment questionnaire

Code _____ Date _____

MOTIFS DE CHEMINEMENT

Plusieurs raisons peuvent expliquer pourquoi une personne est en traitement dans un centre comme Dollard-Cormier. Ces raisons peuvent changer avec le temps.

Indiquez à quel point chacun des énoncés suivants correspond à l'une des raisons pour lesquelles vous êtes présentement en thérapie au Centre Dollard-Cormier. Il n'y a pas de bonnes ou de mauvaises réponses; ce qui compte c'est ce que vous ressentez vraiment.

POURQUOI ÊTES-VOUS PRÉSENTEMENT EN THÉRAPIE AU CENTRE DOLLARD-CORMIER?

1. Parce que je suis fatigué(e) de me sentir incorrect(e). 1 2 3 4 5 6 7
2. Parce que je ne veux pas perdre quelque chose qui me tient à coeur (par exemples: mon travail, ma maison, etc.). 1 2 3 4 5 6 7
3. Parce que je crois que c'est la meilleure façon de m'en sortir. 1 2 3 4 5 6 7
4. Parce que j'avais besoin d'aide pour m'en sortir mais je crois que je peux continuer par moi-même. 1 2 3 4 5 6 7
5. Parce que ça fait plaisir à quelqu'un que j'aime. 1 2 3 4 5 6 7
6. Parce que j'essaie tout ce qui peut m'aider à m'améliorer. 1 2 3 4 5 6 7
7. Je n'en ai plus pour longtemps parce que j'ai déjà reçu ce dont j'avais besoin. 1 2 3 4 5 6 7
8. Parce qu'il faut que j'arrête de tout détruire autour de moi. 1 2 3 4 5 6 7
9. Parce que c'est le moyen que je préfère pour apprendre à vivre d'une manière plus équilibrée. 1 2 3 4 5 6 7
10. Parce que je veux éviter d'avoir des problèmes avec mon entourage, mon employeur ou la justice. 1 2 3 4 5 6 7
11. J'ai déjà eu de bonnes raisons mais, maintenant, j'ai atteint mon but. 1 2 3 4 5 6 7

12. Parce qu'il faut que je fasse quelque chose, ma vie n'a plus de sens. 1 2 3 4 5 6 7

13. Parce que je suis obligé(e) (par exemples: par mon conjoint, mon employeur, la cour, la DPJ, etc.). 1 2 3 4 5 6 7

14. Je ne sais pas ce qui me retient car je me sens beaucoup mieux. 1 2 3 4 5 6 7

15. Parce que le fonctionnement du Centre Dollard-Cormier me convient très bien. 1 2 3 4 5 6 7

9.4 LIST OF PUBLICATIONS

Sl. No.	Name of the Article / Title	Name of the Journal and Publisher	UGC Listed or WOS listed Yes/No
1.	Conceptual framework for Yoga-based Counselling- A systematic review of Literature	Journal of Applied consciousness studies	Yes
2.	Development, validation and feasibility testing of a yoga module for Substance use disorder	Yoga Mimamsa	Yes
3.	Yoga-based counselling module as an integrated yoga therapy to manage substance use disorder: A developmental and feasibility study	Indian Journal of Science and technology	Yes

REVIEW ARTICLE

Conceptual Framework for Yoga-Based Counseling

A Systematic Review of Literature

Ramsahaye, Atmika Y M; Sasidharan, K Rajesh¹; Thulasi, Arun; Rawat, Vikas

[Author Information](#)

Journal of Applied Consciousness Studies 11(1):p 34-43, Jan-Jun 2023. | DOI: 10.4103/jacs.jacs_4_22

OPEN

 Metrics

Abstract

Yoga has been acclaimed for its therapeutic benefits which are usually associated with the practice of asana, pranayama, and meditation. The counseling part of yoga therapy, though not as explored as the practical aspect, dates back to ancient texts where the Guru acted as a counselor and the Shishya the counselee. This review explores yoga as a form of counselling and the means of incorporating it in conventional counseling. The aim of this study is to review the literature related to the application of yoga in psychological counseling, to assess the techniques and theories of Yoga-based Counselling (YBC) as well as to propose key aspects of YBC. Based on the Preferred Reporting Items for Systematic reviews and Meta-Analysis guidelines PubMed/MEDLINE, Web of Science, Google Scholar, and SCOPUS were searched from the date of conception till August 2021. The MeSH terms and keywords "counselling," "psychotherapy," "yoga," "yogic," "bhagavad gita," "patanjali," and "ramayana" were used to search the databases as appropriate. The exclusion criteria for the search included yogic practices which do not explore counseling techniques or focus only on asana, pranayama, meditation, and relaxation. Out of the forty-nine articles, twenty-four articles were reviewed based on the study requirement. The articles were coded and qualitatively analyzed using the inductive thematic approach. The preliminary open coding of the articles was carried out by the first author. Themes and additional sub-themes were assigned and reviewed by the co-authors. The findings of the final list of studies have helped in evolving themes relevant to the application of YBC. The emerging themes are the theoretical foundation of YBC, integrating yogic counseling in psychotherapy, stages of counseling, ethical consideration, and precautions to be followed during sessions. These can act as guidelines for therapists willing to adopt YBC. This review delineates the ways in which YBC can be adapted in conventional counseling settings. The theoretical foundations and stages of applying YBC may give a consolidated understanding of yogic counseling. Likewise, the ethical considerations and precautions required during YBC for the smooth flow of sessions are highlighted.



ORIGINAL ARTICLE

Development, validation, and feasibility testing of a yoga module for substance use disorder

Ramsahaye, Atmika Yantra¹; Bharathi, B.²; Sasidharan, K. Rajesh²; Rawat, Vikas¹; Thulasi, Arun¹; Kumar, Vinod²; Katla, Naresh²; Zaeem, Syed H. Z³

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Abstract

Introduction:

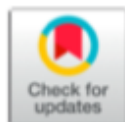
Research evidence and theoretical models point to the need to implement yoga and mindfulness interventions as they impact different physiological and psychological functioning associated with addiction and relapse. To ensure the safe application of yoga, a standardized yoga module that can be practiced across any drug type of substance addiction is required. This study focuses on developing, validating, and testing a yoga module's feasibility for the management of substance use disorder (SUD).

Materials and Methods:

The yoga module was developed for SUD by including specific yogic practices derived from research evidence from Google Scholar, PubMed, and traditional literature targeting symptoms related to SUD. Yoga experts validated the module using a 3-point Likert scale. Practices which scored a content validity ratio (CVR) score ≥ 0.33 were retained in the yoga module for SUD. A pilot assessment was done online to test the module's feasibility. Participants in a 9-week residential rehabilitation center participated in the study. The module was taught as an add-on to their existing treatment. The motivation for seeking treatment was assessed at baseline, and quality of life was assessed at pre- and post-intervention using the *questionnaire de motivation au traitement des toxicomanies* and the World Health Organization Quality of Life BREF (WHOQOL BREF), respectively.



RESEARCH ARTICLE



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Yoga-based counselling module as an integrated yoga therapy to manage substance use disorder: A developmental and feasibility study

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Abstract

Objective: To develop, validate, and assess the feasibility of an Integrated Yoga Module for Substance Use Disorder (IYMSUD) which includes Yoga-Based Counselling (YBC). **Method:** Phase 1 involves developing IYMSUD through a systematic literature review following the Preferred Reporting Items for Systematic Reviews and Meta-Analysis guidelines. Several databases were searched using relevant keywords. Studies were coded and qualitatively analyzed using the inductive thematic approach. Additionally, Yoga experts were interviewed, their input was recorded, transcribed, coded, and qualitatively analyzed to identify themes related to YBC and Substance Use Disorder (SUD). Phase 2 utilized the Delphi method with three iterations involving 17 experts to validate IYMSUD. Items with a Content Validity Ratio (CVR) score of 0.99 and above were retained. In Phase 3, IYMSUD was administered for 8 weeks on 12 participants following a residential 12 step program. **Findings:** After reviewing 24 articles and expert interviews in Phase 1, YBC themes were identified to develop IYMSUD. In Phase 2, IYMSUD, incorporating yoga theory, postures, breathing practices, relaxation, advanced techniques, and YBC, met high-quality standards and was deemed feasible for implementation by the experts. In Phase 3, all yoga participants perceived IYMSUD to be satisfactory, feasible, and culturally appropriate and reported no adverse effects. Significant improvements post-intervention were observed in Body Mass Index ($p < 0.001$), Vedic personality traits ($p = 0.014$), global health ($p = 0.008$), psychological domain ($p = 0.002$), and environmental domain ($p = 0.011$) of quality of life. **Novelty:** This pioneering study empirically integrates yogic counselling into a systematic approach, and shows its validity and feasibility. It could serve as an adjunct treatment for SUD.

Keywords: Addiction; Yoga; Psychology; Yoga-based counseling; Feasibility study