Yoga Study for Depressive Disorders

Investigators at the Centre for Addiction and Mental Health & University of Toronto are conducting a study investigating the effect of a specific type of yoga on symptoms of depression in people with unipolar or bipolar depressive disorder.

You may be eligible to participate if you are:

- Between the ages of 18-75 years
- Meet diagnostic criteria for Major Depression, Dysthymia, Bipolar I or II Disorder
- Currently taking antidepressants or mood-stabilizing medications for your depressive disorder
- Free of significant physical illness

Over a 16-week period, participants will take part in a structured yoga program and a structured psychoeducation program, in addition to current antidepressants or mood stabilizing medication. There will then be a 1-year follow-up phase.

Participants will remain on their current medications and with their treating physician for the duration of the study.

camh
Centre for Addiction and Mental Health
Centre de toxicomanie et de santé mentale

For more information, please call

416-260-4209

to leave a confidential voice message.

VELUT ARBOR ÆVO

For more information on programs and services at CAMH, please visit www.camh.net or call at 416-535-8501 (1-800-463-6273).

Yoga Study 416-260-4209
Yoga Study 416-260-4209
Yoga Study 416-260-4209
Yoga Study 416-260-4209
Yoga Study 416-260-4209
Yoga Study 416-260-4209
Yoga Study 416-260-4209
Yoga Study 416-260-4209
Yoga Study 416-260-4209
Yoga Study 416-260-4209
Yoga Study 416-260-4209
Yoga Study 416-260-4209